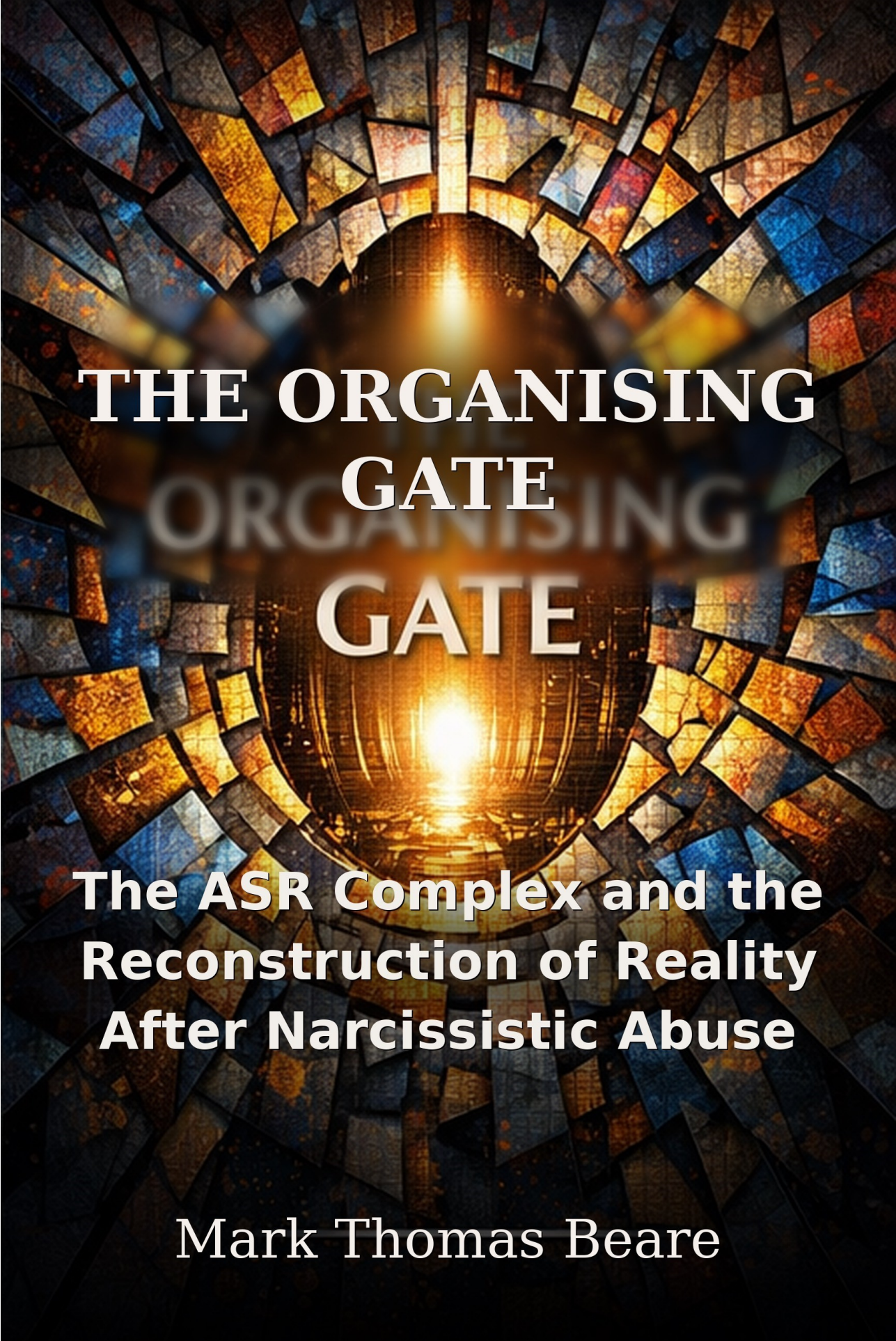




THE ORGANISING GATE ORGANISING GATE

**The ASR Complex and the
Reconstruction of Reality
After Narcissistic Abuse**

Mark Thomas Beare

THE ORGANISING GATE

The ASR Complex and the Reconstruction of Reality After Narcissistic Abuse

Mirrored Psychic Inversion Theory (MPIT)

**By: Mark Thomas Beare
Author of “Narcissist Redeemer”**

Editing and Design:
Lidija Rangelovska

**Published with the kind assistance of the
Vaknin-Rangelovska Foundation, Skopje 2026**

© 2026 Copyright Mark Beare

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without the prior written permission of the author, except for brief quotations used in reviews, scholarship, or educational citation.

This work is provided for educational and informational purposes only. It is not intended to diagnose, treat, cure, or prevent any medical or psychological condition, nor is it a substitute for professional mental health care. If you are experiencing acute distress, suicidality, or risk of harm, contact emergency services or a qualified professional in your region.

Mirrored Psychic Inversion Theory (MPIT), the ASR Complex (ASR-1 / ASR-2 / ASR-3), and associated diagrams, maps, and terms used in this book are original conceptual frameworks authored by Mark Beare, except where explicitly cited as originating from other authors or traditions.

Vaknin-Rangelovska Foundation <https://vrfoundation.net>

Unboxing Narcissism <https://www.youtube.com/hashtag/unboxingnarcissism>

Unboxing Narcissistic Abuse
<https://www.instagram.com/mirroredpsychicinversiontheory/>

DEDICATION

To Professor Sam Vaknin —

For the survivors who found language through your work,
who stabilised their reality through your teachings,
and who rebuilt themselves by learning to see the shared fantasy for what it is.
And for the millions who will follow.

This book is dedicated to your brilliance, your dedication, and your academic rigour.

Most of all, it is offered in the spirit of restoration:

to help right the recovery space—back toward the structure you first envisioned,
where clarity replaces noise, and mapping replaces myth.

TABLE OF CONTENTS

How This Book Is Built (Part A / Part B)

Part A — Structural Edition (The Organising Gate and the ASR Complex)

- A1. Preface: Why a Map
- A2. What Is the Organising Gate?
- A3. The ASR Complex: ASR-1 / ASR-2 / ASR-3
- A4. Borrowed Coherence: How Shared Fantasy Captures the Gate
- A5. Self-States Inside the ASR Field
- A6. Discard Shock → Liminal Gate Shift
- A7. Orbital Collapse: Why the Mind Keeps Returning
- A8. IMRA / Symbolic Vacuum
- A9. Reintegration: Vertical Flicker → Vertical Stabilising → Integration
- A10. Map Protocol: ASR State • Driver Part • Phase → Next Move
- A11. The Collapse Arc: From Capture to Discard to Gate Failure
- A12. Closing: What This Model Adds

Part B — Survivor Edition (Plain Language Mirror)

- B1. Preface: Why You Need a Map (Not Advice)
- B2. What Happened to My Reality?
- B3. The Three States: Alarm / Reality / Fog
- B4. Borrowed Coherence: When They Start Feeling Like Oxygen
- B5. The Parts That Take Over
- B6. Discard Shock: When the Face Goes Blank
- B7. The Liminal State: Waiting in Mid-Air
- B8. Orbital Collapse: Why You Keep Checking / Replaying / Returning
- B9. IMRA: The Numb Phase (When Absence Becomes the Climate)
- B10. The Return: Flicker → Stabilising → Integration
- B11. How to Use the Map (One Page)
- B12. Closing: You're Not Broken — You're Rebuilding Reality

About the Author

Who is Mark Thomas Beare

My name is Mark Thomas Beare.

I'm not writing as a clinician looking in from the outside. I'm writing as someone who went through the collapse from the inside — and then rebuilt his mind in public, in language, and in structure.

Mirrored Psychic Inversion Theory (MPIT) did not begin as a concept. It began as necessity.

When I was discarded from a shared fantasy, what followed wasn't simply heartbreak. It was the loss of coherence — the feeling that reality itself had become unstable. The recovery space had words for grief, words for abuse, words for trauma. But it did not have a map for what I was actually living: the looping compulsion, the body-level annihilation, the altered perception of time, the internal voices that seemed to drive behaviour without consent, the strange apathy that followed, and the slow, incremental return of authored selfhood.

So I built the map that I could not find.

I built it in the only way I knew how: by tracking my own collapse with brutal honesty, and then cross-checking what I observed against psychodynamic theory, object relations, and the most rigorous accounts of narcissistic dynamics available — particularly the work of Professor Sam Vaknin, whose writing on the shared fantasy and the “Hall of Mirrors” provided a foundational lens through which the survivor's internal world could be understood with precision.

MPIT is my attempt to do one thing clearly:

To describe how the mind becomes organised around an external object, how that organisation collapses under rupture, and how the self can be reseeded as the organising principle again.

That is why I introduced the ASR Complex.

Because what survivors call “trauma bond” often behaves less like a bond and more like a *reality gate failure* — a pre-conscious shift in perception, affect, and meaning that drives looping, shutdown, and symbolic disintegration. The ASR Complex (ASR-1, ASR-2, ASR-3) names those shifts in a way that is trackable, teachable, and clinically usable.

This work has now been published in academic form, translated into diagrams and training materials, and used as a structured framework to help survivors locate themselves in the collapse arc without shame — and to begin rebuilding reality as something internal, authored, and stable.

I live in Belfast. I write, teach, and publish on survivor psychology, collapse dynamics, and psychodynamic mapping of post-narcissistic rupture. My focus is not

on labelling abusers, but on helping survivors stop drowning in reaction and start standing on a structure that matches what they actually lived.

If you are reading this book in the aftermath of discard, my message is simple:

You are not broken.

You are rebuilding the system that makes reality coherent.

And there is a way home.

Preface: Why a Map

If you are holding this book, there's a good chance you already know what it's like to lose reality while still being technically alive.

You can be standing in a kitchen, answering messages, doing the normal things—and inside, everything is unstable. Your mind runs narrative compulsively. Your body won't settle. Your identity feels thin. Time doesn't feel continuous. You keep returning to the object's gravity even when you know it's harming you.

The recovery space has a habit of treating this like a problem of attitude.

"Move on."

"Choose yourself."

"Raise your vibration."

"Detach."

"Block and heal."

But the lived reality is harsher and more precise:

When collapse is real, you are not failing to "let go."

You are trying to **reconstruct the organising system that makes reality coherent**.

That's why this book is a map.

Not a manifesto. Not a list of tips. Not a motivational script.

A map is what you reach for when the ground isn't stable, and you need orientation more than encouragement.

Because the truth is: most survivors aren't confused about what happened.

They're confused about why their mind and body keep reacting as if the rupture is ongoing.

Why the checking feels compulsory.

Why the apathy feels like death.

Why the smallest reminder can collapse the whole day.

Why “understanding” never seems to be enough.

MPIT names the underlying mechanism: the **Organising Gate**—the internal mediator through which perception, interoception, affect, memory, and meaning pass to form a coherent sense of “what is real.” When that gate is captured through borrowed coherence, then ruptured through discard, the survivor is left with a system that can no longer reliably integrate reality. The psyche compensates with looping states, dissociation, and symbolic collapse.

So this book is built to do one thing with honesty:

Give you a structure that matches what you actually lived.

A way to locate yourself inside the collapse arc without shame.

A way to name what state you are in.

A way to understand why the orbit happens.

A way to rebuild the gate so the self becomes the organiser again.

Not happiness.

Knowing self.

How This Book Is Built (Part A / Part B)

This book is two books mirrored into one.

Part A: Structural Edition

Part A is written for readers who want the machinery.

It explains the Organising Gate and the ASR Complex (ASR-1 / ASR-2 / ASR-3) as a reality-mediation system. It maps the collapse arc in sequence—capture, discard shock, liminal suspension, orbital collapse, IMRA, and reintegration—then teaches a simple protocol for using the map in real time.

Part A is for:

- clinicians and trainees
- researchers and theorists
- survivors who need structure more than comfort
- anyone who wants a coherent model rather than recovery slogans

Part B: Survivor Edition (Plain Language Mirror)

Part B is the same model, rewritten for the person who is inside it.

It keeps the same phases and the same internal drivers, but strips theory language and speaks directly to lived experience: what it feels like, why it happens, and what the next move is when you're not thinking clearly.

Part B is for:

- survivors in shock, limbo, orbit, numbness
- people who can't "intellectualise" their way out
- readers who need orientation in plain language

How to use the two parts

You can read straight through Part A then Part B.

Or you can treat them like two lenses:

- If you want the structure first: **Part A → Part B**
- If you're in collapse and need immediate orientation: **Part B →**

Part A

Both parts share the same figures and the same map logic.

Everything is designed for one outcome:

So when your system drops into alarm, fog, orbit, or numbness, you can stop asking “what’s wrong with me?” and start asking the only question that matters:

Where am I on the map—and what’s the next right move from here?

PART A

STRUCTURAL EDITION

Chapter 1: What Is the Organising Gate?

There is a moment in collapse that survivors keep trying to describe, and the language never quite lands.

It isn't simply heartbreak.

It isn't "low self-esteem".

It isn't even "trauma bonding" in the way the recovery space tends to frame it.

It is a failure of *reality mediation*.

Something in the psyche's filtering system breaks, and suddenly the mind cannot hold the same world it held yesterday. The body floods. Narrative fragments. Time distorts. The internal object field turns hostile or hallucinatory. And the survivor—who may still be going to work, still feeding kids, still replying to messages—feels as if their inner world is collapsing underneath them.

Mirrored Psychic Inversion Theory (MPIT) names that failure point.

It is the **Organising Gate**.

And at the centre of the Organising Gate is the **ASR Complex**: a tripartite model of how the organism pre-consciously evaluates and organises incoming affective, interoceptive, and relational stimuli *before* conscious awareness can stabilise it.

This chapter introduces the Organising Gate, defines the ASR Complex, and clarifies who conceptualised it and why.

1. The problem we were missing

Most frameworks describe collapse after narcissistic trauma as if it is primarily a psychological story: cognitive distortions, attachment panic, grief, rumination, withdrawal.

But collapse is not only story. It is also *threshold*.

It is the point at which the organism can no longer metabolise relational rupture through a stable reality filter. When that filter fails, the mind does not merely "think differently" — it **perceives differently**.

MPIT proposes that there is a pre-conscious gate that decides what becomes reality in the first place.

This is the Organising Gate.

In the MPIT paper, the Anticipatory Stress Reflex (ASR) is defined as *not simply a reaction to stressors*, but "a pre-conscious gate that evaluates, filters, and organises"

incoming stimuli (affective, interoceptive, relational) before they reach conscious awareness.

That single premise changes everything.

Because if the gate is compromised, then insight alone will not stabilise the system. You can understand the relationship perfectly and still feel as if you're dying inside. You can "know" it was abuse and still be unable to stop orbiting the object. You can have the facts and still be trapped in a reality that does not obey facts.

That is a gate failure. Not a knowledge failure.

□

2. What the Organising Gate actually is

The Organising Gate is not a metaphor. It is a structural claim.

It is the boundary where biological signal becomes symbolic interpretation.

MPIT describes it as an organising axis of **selfhood, symbolic coherence, and relational truth**, operating between bodily signal and meaning-making.

If the gate is intact, the subject can do three essential things:

1. **Reality-test** without collapsing into terror.
2. **Hold ambivalence** (good and bad in the same object) without splitting.
3. **Maintain narrative continuity** through rupture, loss, disappointment, and change.

If the gate fails, the subject doesn't merely become distressed. They lose the ability to *stabilise meaning*.

That is why discard can feel like annihilation.

Not because the other person is "important".
But because the other person became part of the gate.

They became a borrowed stabiliser for reality.

When they withdraw—coldly, strategically, or suddenly—the system can no longer organise perception coherently. Collapse begins.

3. The ASR Complex: the three modes of the gate

The MPIT paper proposes a **tripartite ASR model**, explicitly naming three modes that together comprise the Organising Gate:

ASR-1 — Annihilatory Stress Response

This is the earliest, pre-symbolic ground state of catastrophic threat. In MPIT terms, ASR-1 belongs to infancy, where severe misattunement and rupture are encoded somatically before the mind can narrate. It is the body's primal recognition of intolerable fragmentation.

Clinically, ASR-1 is the terror signature. The “I am not safe” truth that arrives before thought.

ASR-2 — Anticipatory Stress Reflex

ASR-2 is the mature gate: the modulated capacity to anticipate, model, and integrate input across body, affect, and symbol. It is the basis of psychological reality-testing and coherent authorship.

This is the state in which a person can feel pain without losing reality. They can grieve without becoming unreal. They can face rupture without splitting the world into absolutes.

ASR-3 — Anticipatory Shadow Reflex

ASR-3 is the trauma-adaptive inversion: a defensive, dissociative fantasy-state that emerges when ASR-2 collapses and ASR-1 is reactivated.

This is the fog gate.

ASR-3 does not merely “avoid feelings.” It reorganises perception around survival, compliance, fantasy, and distorted symbolic modelling. It is how the psyche keeps functioning while reality becomes intolerable.

In the MPIT formulation, when the Organising Gate fails under chronic relational/narcissistic trauma, **ASR-1 is reactivated, ASR-2 is bypassed, and ASR-3 forms a looping state** — producing dissociation, reality distortion, false self construction, and symbolic collapse.

That sequence—ASR-1 → bypass of ASR-2 → ASR-3 looping—is the central mechanical claim of the system.

4. Why this model belongs at the centre of the book

This book is not built around “stages of getting over someone.”

It is built around one central question:

How does the mind lose reality—and how does it get it back?

The Organising Gate answers that.

It allows every major phenomenon survivors describe to be re-read structurally:

- why discard produces ontological terror
- why rumination behaves like compulsion
- why “closure” doesn’t work early on
- why the body is the first battleground
- why hope becomes narcotic
- why certain self-states (Redeemer, False Protector, Mute Child)

take control when reality becomes unreadable

And it also clarifies reintegration.

Because reintegration is not “positive thinking”.

It is the restoration of ASR-2 as the dominant mediator of reality.

That is why, in MPIT, recovery is framed as vertical return: the self re-seated in the centre of the vertical axis—not dragged horizontally along object-seeking distortion.

5. Who conceptualised the ASR Complex?

The ASR Complex and the Organising Gate formulation are introduced as original components within **Mirrored Psychic Inversion Theory (MPIT)**, authored by **Mark Thomas Beare**, explicitly identified in the Journal of Psychology and Psychiatry publication record and PDF.

The MPIT paper positions the ASR as the central organising mechanism of the theory, and frames the model as a tripartite architecture (ASR-1, ASR-2, ASR-3) that governs perception, internal object constellations, and emotional self-mapping.

At the same time, MPIT does not pretend it was built in isolation.

It is explicitly anchored into object-relations foundations, predictive processing, interoceptive neuroscience, and trauma literature—and it explicitly acknowledges Sam Vaknin’s phenomenology of shared fantasy, snapshotting, and narcissistic object inversion as clinical grounding for survivors of narcissistic abuse.

So the authorship is clear:

- **ASR Complex / Organising Gate** = conceptualised within MPIT by Mark Thomas Beare.
- **Clinical grounding and relational phenomenology** = built in explicit dialogue with established object-relations theory and Vaknin’s shared fantasy architecture.

That distinction matters, because it protects integrity: we can honour foundations without collapsing authorship.

6. What to hold in mind as you read the rest of the book

From this point on, every map, every phase, every self-state, and every collapse loop is read through one discipline:

What is the gate doing?

- Is ASR-1 firing?
- Is ASR-2 online?
- Is ASR-3 running the system?
- Which part is driving under that state?
- Which phase amplifies the loop?

This is why MPIT is not “content.” It is a navigation framework.

Because once the Organising Gate is located, the survivor stops treating collapse as madness.

They start treating it as a system.

And when you can locate the system, you can begin restoring reality—one calibrated return at a time.

Chapter 2: The ASR Complex (ASR-1 / ASR-2 / ASR-3)

If you read nothing else in this book, read this chapter properly.

Because everything that follows—Spotting, Auditioning, Idealisation, Discard, CIPR, Orbital Collapse, IMRA, Reintegration—is not “content”. It’s not a set of stages. It’s the outward behaviour of a single internal mechanism.

A gate.

MPIT names that gate: the **Anticipatory Stress Reflex (ASR)**—not as a generic stress response, but as a **pre-conscious organising threshold** that evaluates, filters, and organises affective, interoceptive, and relational input *before* it becomes conscious experience.

That is why this model belongs at the centre of every map.

When the gate is stable, reality is stable.

When the gate is compromised, reality becomes a simulation—either terror-driven, or shadow-driven.

2.1 What the ASR is (and what it isn’t)

The ASR is not simply “how stressed you feel”.

In the MPIT formulation, the ASR is explicitly defined as a **pre-conscious gate** that “evaluates, filters, and organises” incoming affective, interoceptive, and relational stimuli before they reach conscious awareness.

That definition matters because it immediately clarifies a clinical problem that survivors live inside:

You can cognitively understand what happened—abuse, manipulation, devaluation, discard—and still be unable to stabilise your perception.

That isn’t lack of insight.

That is a gate under threat.

And the paper is explicit: the ASR operates as a boundary between biological signal and symbolic interpretation, determining whether meaning itself remains coherent.

2.2 The ASR Complex: a tripartite gate

MPIT proposes a **tripartite ASR model**, with three modes that together comprise the Organising Gate: **ASR-1, ASR-2, and ASR-3**.

- **ASR-1 (Annihilatory Stress Response)**: an infantile, pre-symbolic reaction to severe relational misattunement.

- **ASR-2 (Anticipatory Stress Reflex):** a mature, modulated system integrating sensory, interoceptive, and symbolic input; the organising gate of reality mediation.
- **ASR-3 (Anticipatory Shadow Reflex):** a defensive, dissociative fantasy-state emerging from collapse of ASR-2 and reactivation of ASR-1; a false-organising response that replaces truth with survival-mirroring.

So when we say “ASR Complex”, we are not describing a mood curve.

We are naming the mechanism by which the organism decides what reality is allowed to be.

2.3 ASR-1: annihilatory stress as somatic ground zero

ASR-1 is not “anxiety”.

It is the body’s primal recognition of intolerable fragmentation—pre-symbolic, pre-narrative, occurring before cognitive mentalisation can stabilise perception.

The MPIT paper places ASR-1 developmentally in infancy, rooted in severe misattunement and relational rupture, and frames it as distinct from classic fight/flight/freeze descriptions because it is *before* story.

This is the detail that stops survivors being misread:

When the gate falls into ASR-1, the person is not “thinking catastrophically”. They are *experiencing catastrophe as reality*, because the organism is reading threat-to-being.

And MPIT ties this forward into adult collapse: survivors often report overwhelming fear and body-level collapse during discard; the paper argues this occurs because symbolic rupture can reactivate ASR-1 and push the survivor into **collapse-induced psychotic regression (CIPR)**—a temporary fragmentation/derealisation signature under relational annihilation.

ASR-1 is also linked in the paper to false self architecture: the internalisation of ASR-1 is described as generating a “False Self Casing”—somatically hardened, symbolically brittle—protecting against annihilation while costing flexibility and truth.

That’s the first brutal principle of the system:

If ASR-1 is active, the mind is not primarily seeking meaning. It is seeking survival.

2.4 ASR-2: the mature gate of reality mediation

ASR-2 is the centre of the entire framework.

The paper describes ASR-2 as a mature regulatory adaptation: where ASR-1 is existential rupture, ASR-2 anticipates stress and threat, and functions as the core organising gate of reality perception and symbolic self-regulation in adulthood.

This is where people become authors rather than reactors.

ASR-2 is described as a protective interpretive filter, governing predictive affective modelling—assessing tone, relational consistency, and embodied memory—to orient the self in the world.

And the paper names the central capacities ASR-2 makes possible:

- symbolic delay (not acting straight from panic)
- reflective processing (seeing sequence and causality)
- adaptive response (choosing, rather than compulsively reacting)

Neurocognitively, the paper links ASR-2 development to maturation of prefrontal-limbic circuitry (mPFC/ACC/vmPFC) and the insular cortex as a bodily mirror of internal states and affective congruence.

This is the book's spine:

Reintegration is, in functional terms, the restoration of ASR-2 as the dominant mediator of reality.

Not “being happy”. Not “not caring”. Not “having closure”.

ASR-2 restored means: reality readable again.

2.5 ASR-2 and object constancy: holding the “good enough object”

The MPIT paper goes further: it frames ASR-2 as the symbolic regulator of presence/absence of the “good enough object”, explicitly tying this to Winnicott while updating it as a neuro-symbolic function.

The sentence that matters clinically is this:

In healthy adults, ASR-2 allows the psyche to “hold onto” a relational anchor even when that anchor is absent—this is described as what object constancy truly means (not merely remembering love, but being able to feel it across time and misattunement).

So when survivors say, “It feels like I’m dying because they’re gone,” MPIT does not dismiss it as melodrama.

It names it:

ASR-2 collapse. The gatekeeper is gone.

2.6 ASR-2 configurations: healthy, inverted, disordered

The paper identifies three configurations of ASR-2 that will be used repeatedly in this book's diagnostics:

- **Healthy ASR-2:** stable symbolic organiser; filters stress through narrative authorship; permits reflection and emotional integration.
- **Inverted ASR-2:** described as common in survivors of narcissistic abuse; the gate remains intact, but outputs are reversed—reflexive self-invalidating reality testing (“I’m wrong / I’m the problem / I’m the threat”).
- **Disordered ASR-2:** described as damaged/absent in “narcissists, psychopaths, and borderline states” in the paper’s framing; reality processed via immediate affective reaction/impulsivity/delusional attribution, requiring environmental control to stabilise the self.

You don't need to agree with every categorical grouping to use the structure clinically.

The key is the functional distinction:

Healthy ASR-2 integrates. Inverted ASR-2 misattributes. Disordered ASR-2 cannot hold meaning without controlling the outside.

2.7 ASR-3: the anticipatory shadow reflex

ASR-3 is not "avoidance".

ASR-3 is a replacement gate.

The MPIT paper defines ASR-3 as a disordered symbolic reflex emerging under sustained relational misattunement/narcissistic abuse/identity trauma; it is explicitly described as a maladaptive inversion—a "false-organising response" replacing truth with survival-mirroring.

The developmental mechanism is given clearly:

ASR-3 develops when ASR-2 fails and ASR-1 is re-triggered repeatedly; instead of dropping fully into ASR-1 overwhelm, the psyche evolves a compensatory simulation—an internal gate organising reality around threat, shame, and anticipatory rejection.

And then the core functional line:

Where ASR-2 mediates meaning, **ASR-3 mediates avoidance**; its motive is symbolic invisibility—being what is required to avoid pain, rejection, annihilation—filtering the world through internalised abuser logic.

This is why survivors in ASR-3 can look "fine" from the outside.

They can be working. Performing. Smiling. Cooperating.

And internally, they are gone.

Not because they are weak.

Because a false gate is running the organism.

Neuropsychologically, the paper links ASR-3 to chronic dysregulation in prefrontal-limbic networks seen in complex trauma, with hypervigilance and affective muting, and heightened interoceptive signalling (body alarm) paired with symbolic silence.

2.8 The failure sequence that drives collapse

The MPIT paper states the collapse mechanism in direct, testable terms:

When the ASR gate fails (through relational trauma/misattunement/shared fantasy rupture), **ASR-1 is reactivated, ASR-2 is bypassed, and ASR-3 forms a looping fantasy state**—producing dissociation, reality distortion, and false self construction.

That is the engine behind the entire book.

Everything else—rumination, checking, bargaining, “narcotic hope,” internal voices, collapse cycles—are downstream behaviours of this gate shift.

So from here onward, we do not ask survivors to “understand their feelings” as the first move.

We ask them to locate the gate.

2.9 How this book uses the ASR Complex

Every chapter and every map will use the same orientation discipline:

ASR State • Driver Part • Phase

- ASR State: what reality filter is running?
- Driver Part: which self-state has the wheel under that filter?
- Phase: where in the arc is this being amplified?

This is not branding.

This is how you stop collapse being fog.

Because once the gate is located, intervention becomes accurate—timed, proportional, and non-performative.

HOW TO USE THE MAP

People keep trying to “understand” their collapse while they’re still inside it.

They’re looking for meaning. They’re looking for closure. They’re looking for the right interpretation.

But the mind in collapse isn’t primarily asking for insight.

It’s asking for orientation.

Because when the Organising Gate gets hijacked, reality itself stops being reliable.

So this episode is not motivational. It’s not therapeutic theatre. It’s procedure.

How to use the map.

And the rule is simple:

You do not intervene until you locate three things.

ASR State. Driver Part. Phase.

Orientation before intervention.

First: ASR State.

This is where almost everybody goes wrong, including a lot of clinicians and a lot of the recovery space.

They talk about attachment, styles, trauma bonds, inner child.

But they’re ignoring the fact that the system is already running a reality filter.

That’s what the ASR Complex is.

It’s not just stress.

It’s the Organising Gate. The mediator of perceived reality.

So ask the first question:

What ASR state am I in right now?

ASR-1 is annihilatory alarm. Terror. Threat-to-being. Body-first panic. The mind can’t model. It just survives.

ASR-2 is reality mediation. Perspective. Sequence. Symbolic modelling. The mind can hold more than one truth at once.

ASR-3 is anticipatory shadow reality. The trauma-adaptive inversion. Compliance. Freeze. Fog. Identity diffusion. You can still function, but you’re not actually inside yourself while you’re doing it.

And if you don’t locate this first, you’ll misread the entire map.

Because your “insight” will be produced by the wrong gate.

Terror produces certainty. Shadow produces compulsion. Neither is truth.

So: ASR first.

Second: Driver Part.

The parts are not poetic.

They are functional self-states.

They emerge because the psyche has to keep operating when coherence breaks.

The map shows four core drivers:

Mute Child. Redeemer. False Protector. Truth Self.

And the quickest way to locate the driver is to listen to the internal voice tone.

Mute Child is smallness and dread. It’s not words. It’s collapse in the chest. It’s submission. It’s “don’t leave me” without speech.

Redeemer is rescue logic. It’s love-as-repair. It’s “if I can just explain it properly, if I can just be better, if I can just do one more thing, it will come back.”

False Protector is control and monitoring. It’s strategy. Checking. Rehearsal. Hypervigilance. And it often looks like competence, but it’s actually panic in a suit.

Truth Self is different. It doesn’t seduce. It doesn’t negotiate. It simply perceives. It’s quiet. It’s grief without theatre. It’s the part that can say: “It’s gone.”

Now here’s the key:

You’re not asking “which part am I?”

You’re asking “which part is driving?”

Because the driver determines the behaviour. The behaviour determines the loop. The loop determines whether you recover or whether you spin.

Third: Phase.

The outer ring is not a timeline of feelings. It’s the structure of the shared fantasy arc.

Spotting. Auditioning. Idealisation.

Discard.

Orbital Collapse.

IMRA.

Reintegration.

Each one has its own mechanics. Each one has its own predictable self-state shifts.

And if you intervene with the wrong tool in the wrong phase, you make it worse.

You can't do "closure work" inside ASR-1 terror.

You can't do "self-worth work" while the Redeemer is still running the organism like an emergency service.

You can't do narrative reconstruction while the False Protector is still monitoring the object like it's oxygen.

So we locate phase.

Not to label ourselves.

To stop doing the wrong thing at the wrong time.

So the method is:

ASR State. Driver Part. Phase.

Say it plainly.

"ASR-3 dominant. False Protector driving. Orbital collapse loop."

"ASR-1 terror. Mute Child driving. Discard shock."

"ASR-2 flicker. Truth Self readable. Reintegration stage one."

And the moment you can name it accurately, you've already done something radical.

You've moved from immersion to observation.

That is vertical flicker.

That is the first sign of reintegration.

Now I'm going to show you how this looks in real time, in the most common crisis point: discard.

Discard is not a breakup.

It's a rupture of reality.

It's the sudden withdrawal of an organising object.

And the reason the pain feels insane is because it is not just pain.

It is loss of coherence.

Discard → Liminal → CIPR → Orbital Collapse.

That's the arc.

Discard lands.

The body spikes ASR-1, or the system drops into ASR-3.

The False Protector activates immediately.

Monitoring. Scanning. Narrative running. Checking their socials. Checking your phone. Checking your mind.

Then the Redeemer switches on.

Bargaining. Hope. Re-contact attempts. Rewriting the story in real time. Trying to reverse the rupture.

That's the liminal state.

The mind is suspended between "they're gone" and "they'll come back."

And the organism treats that ambiguity as lethal.

Then CIPR begins.

Fragmentation cycles.

Derealisation. Depersonalisation.

Hypervigilance. Shame / badness.

Insomnia. Nightmares.

And because the system is desperate to stabilise, it returns to the object's gravity.

Orbital collapse.

Sometimes that looks like actual contact.

Sometimes it's internal contact: fantasy, rehearsal, reviewing messages, stalking the memory.

But the mechanism is the same.

The mind is trying to borrow coherence from the very object that withdrew it.

So what do you do?

You do not chase meaning.

You interrupt the driver.

If ASR-1 is dominant, you don't interpret anything. You stabilise the nervous system. You contain. You reduce input. You give the body proof that it is not dying.

If ASR-3 is dominant, you stop feeding compliance rituals and monitoring rituals. Because those rituals are not neutral. They are maintenance behaviours for the False Protector.

If the Redeemer is dominant, you label the drug.

Narcotic hope.

Not love.

Not destiny.

Not “they’re my twin flame.”

A narcotic.

A short-term analgesic that keeps the shared fantasy alive.

And if you don’t label it, it will run you.

Because the Redeemer feels like virtue. It feels like devotion. It feels like “I’m strong.”

But it’s a reenactment loop.

It’s the system trying to reverse annihilation by sacrificing the self.

And this is what the map stops.

It stops three catastrophic misreads.

One: treating ASR-1 terror as insight. Terror produces certainty. Certainty is not truth.

Two: letting the False Protector run your recovery. Because if the False Protector is driving, healing becomes surveillance, perfectionism, self-punishment, and obsession dressed up as “processing.”

Three: confusing the Redeemer for love. The Redeemer is not love. It’s rescue logic under threat.

Now the endpoint.

Reintegration is not “feeling better.”

It is vertical authorship restored.

Stage one: vertical flicker. Reality returns for moments. Then you lose it again.

Stage two: vertical stabilising. Truth Self becomes readable. Parts reduce reactivity. ASR-2 stabilises.

Stage three: integration. Not happiness. Knowing self. Object constancy returns. Good and bad can coexist. The inner world stacks. Narrative becomes efficacious.

And you don’t need the object to tell you who you are.

That’s the point.

So use the map like a clinician uses a formulation.

Locate ASR.

Locate the driver.

Locate the phase.

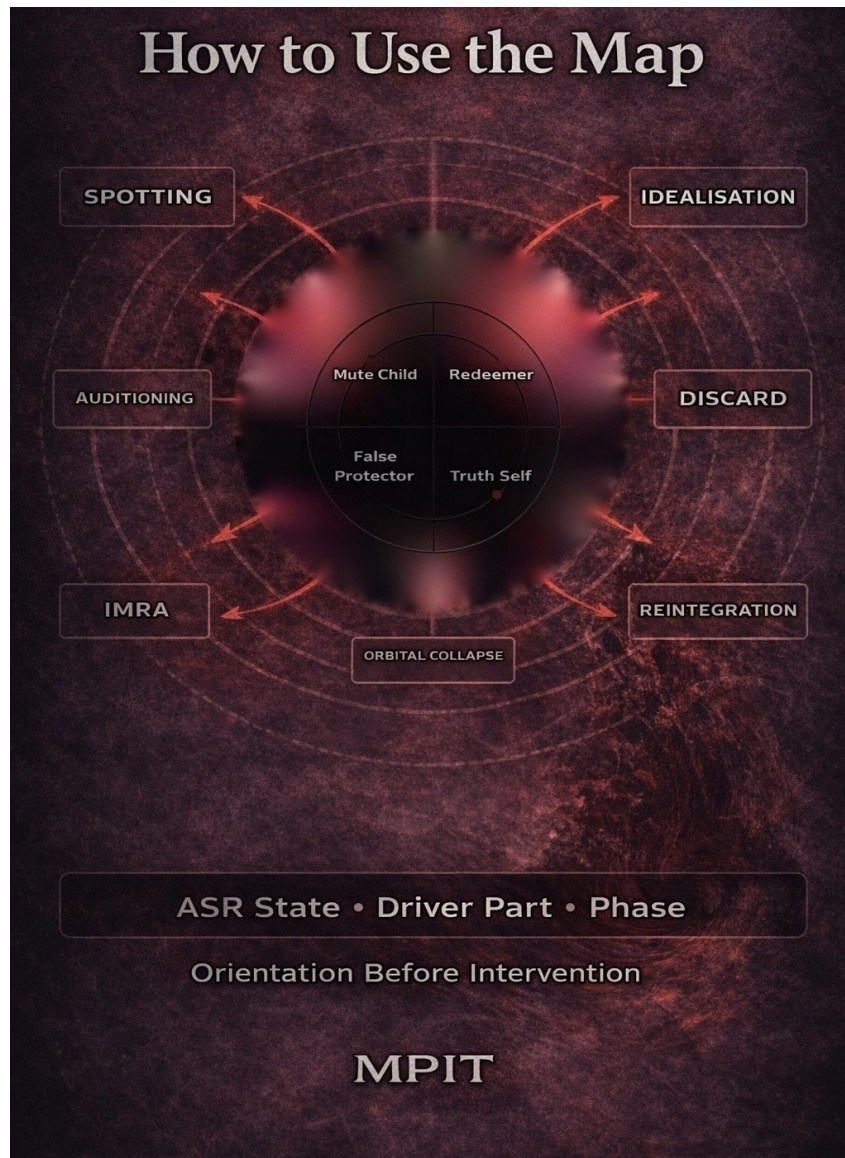
Then intervene.

Orientation before intervention.

That's how you stop collapse being a fog.

And turn it into a process you can actually walk through.

Figure



In Part A01, this chapter is where the **ASR Complex core figure** belongs (ASR-1 / ASR-2 / ASR-3 as the Organising Gate)

Next chapter, we'll formalise the Organising Gate as a working clinical instrument: **how perception, meaning, and self-authorship are mediated through ASR-2—and how 'borrowed coherence' from an external object becomes the hidden vulnerability that discard exploits.**

Chapter 3: The Organising Gate: Reality Mediation, Symbolic Coherence, and the Threshold of Collapse

There is a difference between *feeling distressed* and *losing reality*.

Most people can't name that difference until it happens to them.

They'll say: "I couldn't think."

"I couldn't hold time."

"It was like I wasn't inside my own life."

"I knew the facts, but my body didn't believe them."

"I became a different person."

MPIT names the mechanism behind that shift.

The Organising Gate.

In the MPIT paper, the Anticipatory Stress Reflex (ASR) is defined as a *neuropsychodynamic threshold*—a pre-conscious gate that "evaluates, filters, and organises" incoming affective, interoceptive, and relational stimuli *before* they reach conscious awareness.

This isn't a poetic metaphor. It's a structural claim:

There is a gate in the psyche that decides what becomes reality.

And when it destabilises, collapse is not a "breakup reaction". It is a **failure of mediation**.

3.1 What "reality mediation" actually means

The Organising Gate sits between signal and meaning.

Between body and story.

Between what is happening outside you and what your internal world can metabolise without fracturing.

The MPIT paper states this directly: the Organising Gate "operates as a boundary between biological signal and symbolic interpretation," and it determines whether meaning remains coherent, whether the internal world reflects the outer world, and whether the subject can metabolise relational rupture.

So reality mediation is not "being rational."

Reality mediation is the capacity to:

- register bodily alarm without becoming it,
- hold ambivalence without splitting,

- tolerate absence without psychic freefall,
- maintain narrative continuity through rupture.

In the MPIT model, when the gate is intact, the organism can maintain object constancy, affective coherence, and symbolic ambivalence—mixed feelings held without collapse.

That's the adult mind working properly.

Not perfect. Not unhurt. Not immune.

Just coherent.

3.2 Why the Organising Gate matters specifically in narcissistic trauma

Narcissistic trauma doesn't only injure.

It reorganises.

The relationship becomes a *system*—a shared fantasy architecture where the survivor's internal world begins to borrow stability from the external object.

This is why discard is not experienced as simple loss.

It is experienced as **rupture of the organising mechanism**.

In the MPIT paper's abstract, the Organising Gate is described as the route through which "all perception, internal object constellations, and emotional self-mapping must pass."

So when the object withdraws, the survivor isn't just missing a person.

They are missing a *regulatory scaffold* they were unconsciously using to stabilise selfhood.

That is why the body reacts like it's dying.

Because it isn't "a relationship ending."

It is the gate being hit.

3.3 The Organising Gate as the ASR Complex

MPIT doesn't describe one gate-state. It describes a triadic mechanism.

The paper proposes a tripartite model:

- **ASR-1** (Annihilatory Stress Response) — infancy, pre-symbolic rupture, threat-to-being.
- **ASR-2** (Anticipatory Stress Reflex) — mature modulation; integrated reality mediation.
- **ASR-3** (Anticipatory Shadow Reflex) — defensive, dissociative, fantasy-based inversion.

These three modes "comprise the Organising Gate."

So when I say "Organising Gate," I'm not pointing to an abstract idea.

I'm pointing to **which ASR mode is currently mediating your reality**.

That is the entire diagnostic axis of this book.

3.4 The collapse sequence: how the gate fails

The MPIT paper gives the failure mechanism in direct terms:

When the ASR gate fails—through relational trauma, emotional misattunement, or shared fantasy rupture—**ASR-1 is reactivated, ASR-2 is bypassed, and ASR-3 forms a looping fantasy state**.

That sentence is the engine behind everything you will read in Part A.

It explains why collapse feels both chaotic and repetitive.

Because it is not random.

It is a looped gate sequence.

- ASR-1 brings annihilatory alarm: terror, fragmentation pressure, threat-to-being.
- ASR-2 (which would normally organise, mentalise, stabilise) is bypassed.
- ASR-3 steps in as replacement mediation: fantasy logic, compliance logic, obsession logic—anything to avoid annihilation.

This is why survivors can “know” the truth and still behave like the truth is not metabolised.

Because truth requires ASR-2.

And in collapse, ASR-2 is often offline or inverted.

3.5 Why the mind retreats into fantasy when the gate collapses

Here is the brutal honesty the recovery space keeps missing:

Fantasy is not always wishful thinking.

Sometimes fantasy is the psyche's emergency architecture—built to prevent annihilation.

The MPIT paper anchors this in predictive processing and trauma literature, explicitly tying gate failure to unbearable “surprise,” rupture of prediction models, and retreat into fantasy as compensation.

In plain structural terms:

When the organism cannot update reality safely, it will **override reality**.

It will create a shadow-model that feels safer than the truth.

This is not stupidity. It is survival.

But it becomes a trap—because the shadow-model has one aim:

avoid rupture at any cost.

And that “cost” is usually the self.

3.6 Vaknin’s shared fantasy as clinical grounding, and where MPIT places the gate

MPIT explicitly positions Vaknin’s phenomenology—shared fantasy, snapshotting, narcissistic object inversion—as clinical grounding for survivors of narcissistic abuse.

The crucial MPIT contribution is not to replace Vaknin, but to locate the **threshold mechanism** beneath the phenomenology:

If shared fantasy is the relational structure, then the Organising Gate is the **neuro-symbolic mechanism** that determines whether the survivor can exit it without collapsing.

So we’re not using theory as ornament.

We’re using it as a map of where reality is being mediated—and where it has been hijacked.

3.7 Who conceptualised the Organising Gate and ASR Complex

The paper “Mirrored Psychic Inversion Theory: The Anticipatory Stress Reflex as the Organising Gate of Reality” is published under **Mark Thomas Beare**, identified as founder of MPIT, and it explicitly introduces ASR and the Organising Gate as the centre of the theory.

That matters for this book, because the Organising Gate is not a borrowed label.

It is the central construct around which the MPIT mapping system is built.

It is the spine.

3.8 What this changes for treatment and recovery

If the Organising Gate is real—functionally, clinically—then the order of operations changes.

You do not begin with narrative.

You begin with gate-state.

Because narrative without gate-stability becomes rumination.

Insight without gate-stability becomes obsession.

Grief without gate-stability becomes annihilation.

So the clinical posture becomes:

Restore ASR-2 dominance.

Not perfectly.

Not forever.

But reliably enough that the Truth Self becomes readable again.

The MPIT paper frames this as the key function of the intact gate: scaffolding selfhood, object constancy, and symbolic coherence.

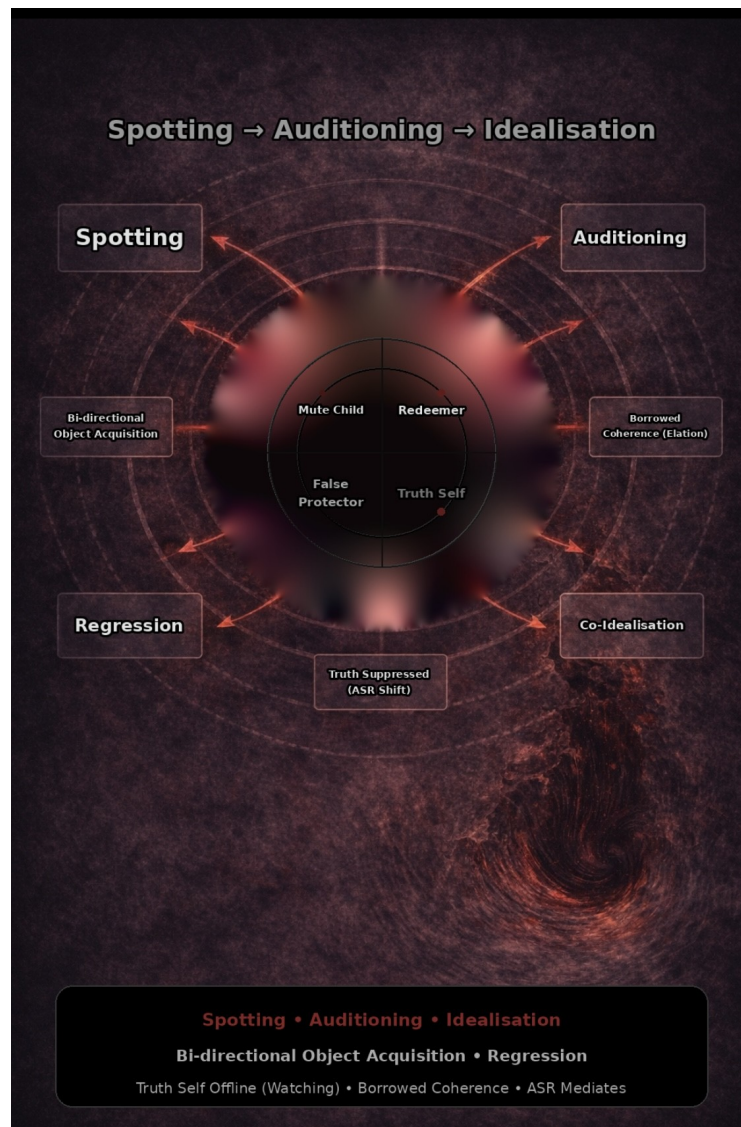
That is reintegration in one line:

ASR-2 restored as the primary mediator of reality.

ASR-1 (Annihilation) → ASR-2 (Reality Mediation) → ASR-3 (Shadow Mediation)

Figure 2 (start of Chapter 4): “How the Gate Is Hijacked in Shared Fantasy”

Same geometry. Show *borrowed coherence* as a directional pull: the external object



becomes a stabiliser that displaces the self from the vertical axis. Transition to Chapter 4

Now that the Organising Gate is defined, we move to the uncomfortable implication:

How does a person come to borrow reality from an object in the first place?

That is the doorway into shared fantasy mechanics, capture dynamics, and the first true structural vulnerability in narcissistic trauma:

Not that you “loved too much.”

That you were pulled off-centre—until the object became the gate.

Chapter 4: Borrowed Coherence: How Shared Fantasy Captures the Organising Gate

There is a reason the discard doesn't just hurt.

It unhooks you.

And the reason it unhooks you is not that you "loved too much." It's not that you were "too empathic." It's not that you had the wrong attachment style.

It's because, at some point in the shared fantasy arc, the other person stopped being "a person you were attached to" and became a **regulatory scaffold**.

They became a stabiliser.

They became—without you consenting to it—part of the **Organising Gate**.

MPIT defines the ASR as a pre-conscious gate that evaluates, filters, and organises incoming affective, interoceptive, and relational stimuli before they reach conscious awareness.

And it names the three-mode system (ASR-1 / ASR-2 / ASR-3) as the Organising Gate through which perception, internal object constellations, and emotional self-mapping must pass.

So if the gate is where reality is mediated, then the question becomes brutal and simple:

What happens when reality starts being stabilised by an external object rather than by ASR-2?

That is borrowed coherence.

4.1 Borrowed coherence is not romance — it's a system change

When the gate is intact, the organism can metabolise stress, rupture, ambivalence, disappointment—because ASR-2 can hold reality without needing to control it.

But under chronic relational misattunement—or in the early architecture of narcissistic trauma—the gate becomes vulnerable.

The paper is explicit: when the ASR gate fails (through relational trauma, emotional misattunement, or shared fantasy rupture), ASR-1 is reactivated, ASR-2 is bypassed, and ASR-3 forms a looping fantasy state.

That line tells you what borrowed coherence is, even if the term itself isn't used:

Borrowed coherence is what happens *before* the bypass becomes obvious.

It is the period where the survivor's nervous system begins to treat the external object as a regulator of internal stability. The object becomes a "proof of safety," a "proof of meaning," a "proof of identity."

Not in words.

In the gate.

This is why you can feel calmer when they message. Why you can breathe when they approve. Why you can't sleep when they withdraw.

The nervous system has been trained: *coherence lives out there*.

4.2 Vaknin's shared fantasy: the relational architecture

This is where Vaknin's work is essential as clinical grounding.

The MPIT paper states plainly that Vaknin's phenomenology of shared fantasy, snapshotting, and narcissistic object inversion is used as grounding for survivors of narcissistic abuse.

It also describes the narcissist's preservation of a fantasy object and demand for others to conform to it, and then places ASR-3 as the neuro-symbolic structure that enables this demand when ASR-1 is reactivated and ASR-2 modulation is compromised.

So we have two layers:

- **Shared fantasy** is the relational system.
- **Borrowed coherence** is what that system does to the survivor's Organising Gate.

The survivor isn't merely "in love."

They are being trained—through intermittent reinforcement, misattunement, and symbolic manipulation—to regulate reality through the object.

4.3 The capture sequence: how the object becomes the gate

This is the sequence you will see again and again in Part A. It's the capture mechanism.

(1) Attunement signal

Not genuine mutuality—signal.

The narcissistic system is often highly skilled at calibrating tone, attention, and implication.

Your ASR-2 reads: "this matters."

(2) Coherence lift

You feel more organised in their presence.

This is the first danger point, because it feels like healing. It feels like home.

But clinically, what you're experiencing is not simply "comfort."

It's *stabilisation*.

And the gate learns fast.

(3) Intermittent rupture

Misattunement enters.

Warmth becomes coldness. Closeness becomes distance. Clarity becomes ambiguity.

The paper's language matters here: when misattunement is chronic, unpredictable, or disorganised, it produces catastrophic collapse of internal safety at the level of ASR-1.

So the organism begins to anticipate rupture.

(4) The anticipatory shift

ASR-2, instead of modelling reality in a balanced way, starts modelling reality as *threat-prediction*.

And when that becomes unbearable, the bypass begins: ASR-1 activation forces ASR-2 offline and ASR-3 emerges as the compensatory fantasy gate.

This is where the survivor becomes "not themselves."

Not because they're irrational.

Because a different gate is running reality.

(5) Object becomes regulator

Now the object doesn't just "mean something."

It *stops the alarm*.

A text message ends panic.

A compliment restores identity.

A promise stabilises time.

The object becomes a portable Organising Gate.

That is borrowed coherence.

And now discard is no longer "loss."

Discard is gate rupture.

4.4 Why discard produces annihilation: the gate loses its stabiliser

The paper describes the Organising Gate as the boundary between biological signal and symbolic interpretation, determining whether meaning remains coherent and whether the subject can metabolise relational rupture.

So when the object withdraws—strategically, coldly, suddenly—the survivor isn’t merely grieving.

They are trying to metabolise rupture *without their borrowed regulator*.

That triggers the failure sequence:

- ASR-1 terror reactivates.
- ASR-2 is bypassed.
- ASR-3 loops fantasy as compensation.

And now you have the lived signature of collapse:

compulsion, rumination, bargaining, derealisation, frantic meaning-making, orbiting, narcotic hope.

Not because you’re weak.

Because the gate is trying to rebuild reality by pulling the object back into the system.

4.5 A precise distinction: love vs borrowed coherence

This book is not here to pathologise attachment.

Healthy love still allows internal authorship.

It still allows ASR-2 to mediate reality.

Borrowed coherence doesn’t.

Borrowed coherence makes the object function as:

- an external regulator of internal safety,
- an external validator of identity,
- an external proof of meaning.

And once that happens, you don’t just “miss them.”

You lose the organising scaffold that was propping up reality.

That is why, clinically, the early recovery task is not closure.

It is **returning mediation to ASR-2**.

The paper frames ASR-2 as the foundation for psychological reality-testing and affective authorship—where the individual chooses rather than reacts.

That is the reversal of borrowed coherence:

From “they organise me” back to “I organise me.”

4.6 How borrowed coherence shows up on the map

This is where Episode 12’s method becomes non-negotiable.

Because borrowed coherence is invisible until it breaks.

And when it breaks, people try to treat the symptoms instead of the mechanism.

So the discipline holds:

ASR State • Driver Part • Phase

Borrowed coherence usually presents as:

- **Phase:** idealisation / early devaluation (before the overt collapse)
- **ASR state:** ASR-2 threatened, sliding toward ASR-3
- **Driver parts:** Redeemer + False Protector beginning to run micro-loops

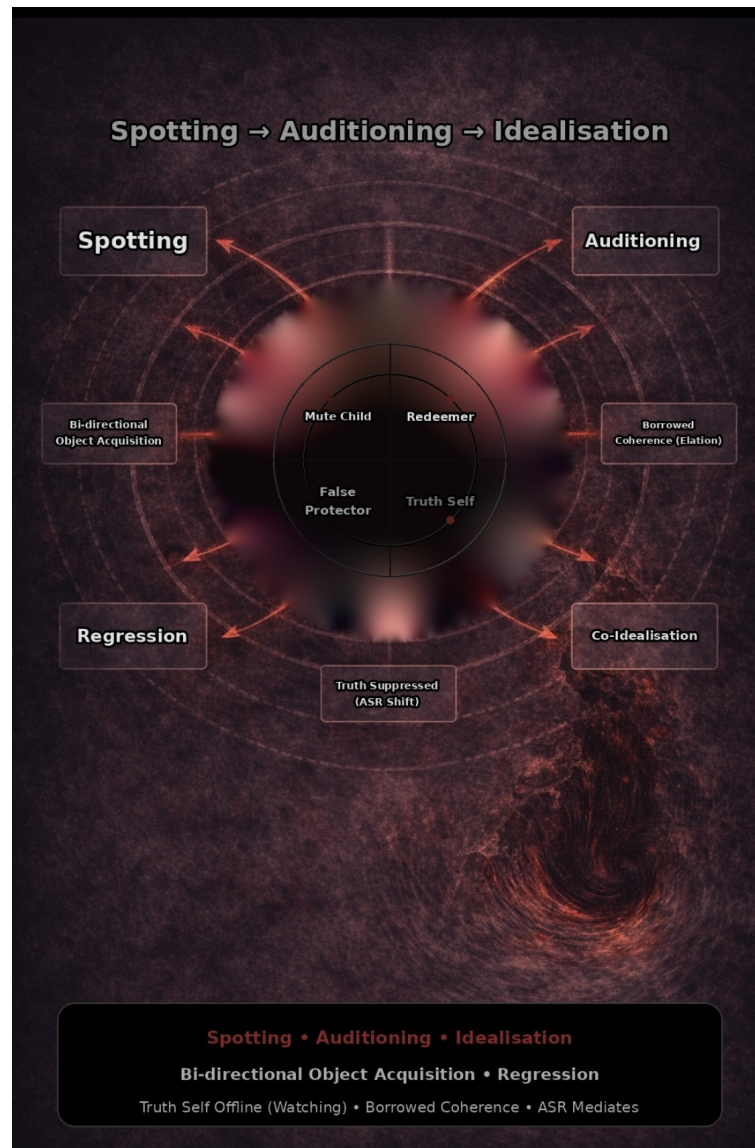
If you can locate that early, you can see the capture.

And if you can see the capture, you can stop confusing it with fate.

Figure A03

Figure 3 (end of Chapter 4): “Borrowed Coherence”

Same template. Centre = ASR Complex. Left side: *Self-seated ASR-2* (vertical authorship).



Right side: *Object-seated mediation* (borrowed coherence), with a pull vector from external object into the ASR gate.

Borrowed coherence = external object becomes a regulator of reality (ASR-2 displaced).

Transition to Chapter 5

Now we go one level deeper, because borrowed coherence doesn't happen in a vacuum.

It's enabled by *how the survivor's internal world responds to rupture* — the emergence of the driver parts as emergency functions.

Chapter 5: The Driver Parts: Mute Child, Redeemer, False Protector, Truth Self (Self-States Inside the ASR Field)

If you've ever said, *"I don't recognise myself"* — you weren't being dramatic.

You were describing a structural event.

Because when the Organising Gate destabilises, the psyche doesn't remain one coherent voice. It reorganises into **functional self-states**—parts that take the wheel to keep you alive, keep you attached, keep you from annihilating, or keep you from seeing what would break you.

MPIT names the Organising Gate as the **ASR system**: a pre-conscious gate that evaluates, filters, and organises incoming affective, interoceptive, and relational stimuli before they reach conscious awareness.

It also defines the collapse sequence with brutal clarity: under chronic relational/narcissistic trauma, the gate fragments—ASR-1 reactivates, ASR-2 is bypassed, and ASR-3 forms a looping, defensive, fantasy-based inversion.

This chapter explains what happens *inside* that gate shift.

Because the "parts" are not personality labels.

They are **emergency functions** inside a changing reality filter.

And once you can see them as functions, you stop moralising your symptoms.

You start navigating them.

5.1 The parts are not the problem — they are the response

The recovery space loves to flatten people.

"It's just anxiety."

"It's just grief."

"It's just a trauma bond."

But the lived reality is more precise:

You can feel terrified and controlling at the same time.

You can feel tiny and pleading, then suddenly cold and strategic.

You can feel clarity for ten minutes, then lose it for three days.

That isn't "mood swings."

That is **driver switching**.

In MPIT terms, when the gate is stable (ASR-2 dominant), the psyche can hold ambivalence and sequence. When the gate destabilises (ASR-1 and ASR-3 dominating), the psyche stops integrating and starts deploying *specialists*.

Those specialists are the driver parts.

In this book's mapping layer, there are four core drivers:

- **Mute Child**
- **Redeemer**
- **False Protector**
- **Truth Self**

They are mapped as self-states inside the ASR field, because they do not run independently of the gate. They are **expressions of the gate's state**.

5.2 The ASR field determines which part becomes "true"

This is the single most important operational principle:

Whatever part is driving will feel like "me."

Not because it is the whole self.

But because in collapse, the gate assigns immediacy.

ASR-1 makes the Mute Child feel like the whole truth.

ASR-3 makes the Redeemer or False Protector feel like the only way forward.

ASR-2 is what makes the Truth Self readable—quietly, steadily, without theatre.

So we don't approach these parts as "characters."

We approach them as **state-dependent organisers**.

They are what your system becomes when it cannot safely integrate reality.

5.3 The Mute Child: the annihilation register

The Mute Child is not "inner child work."

The Mute Child is the **ASR-1 register**—the part of the psyche that knows rupture as threat-to-being.

When discard lands, when cold detachment hits, when the relational floor vanishes, the survivor often doesn't feel "sad."

They feel *small*.

They feel *gone*.

They feel *preverbal dread*.

That's not weakness.

That's ASR-1 reactivation—annihilatory stress, somatic overwhelm, pre-symbolic alarm.

Mute Child signatures:

- collapsing chest / stomach drop
- pleading without words
- submission, appeasement, disappearance
- “I’ll do anything, just don’t leave” (often felt, not spoken)
- time distortion (minutes feel like hours)

The Mute Child’s aim is simple:

Prevent abandonment by becoming invisible enough to keep the object.

It will tolerate anything if it believes rupture equals death.

5.4 The Redeemer: narcotic hope and rescue logic

The Redeemer is the part that tries to reverse reality.

It isn’t “optimism.”

It’s the psyche’s attempt to **repair rupture by earning the return.**

The Redeemer comes online when the gate is destabilising but the system still believes the object can be restored as regulator.

So it bargains.

It writes messages in its head.

It edits the self.

It rehearses the perfect explanation.

It tries to create the one sentence that will convert coldness back into warmth.

The Redeemer is dangerous for one reason:

It feels like love.

But structurally, it is **hope as anaesthetic**—narcotic hope—because the system cannot metabolise absence through ASR-2.

So it tries to end absence by *performing repair*.

This sits exactly where MPIT places collapse: when ASR-2 is bypassed and ASR-3 begins to organise reality through fantasy-based inversion, the psyche will substitute modelling for meaning.

Redeemer signatures:

- bargaining loops (“if I just...”)
- compulsive explanation-making
- self-reformulation as leverage
- idealised memory as proof the return is possible
- “I can handle this” as a seductive internal voice (resilience mimic)

The Redeemer’s aim:

Rebuild coherence by rebuilding the object.

5.5 The False Protector: control dressed as safety

The False Protector is the part most people mistake for “strength.”

It looks competent.

It scans.

It monitors.

It checks.

It collects evidence.

It rehearses conversations.

It tries to stabilise chaos by increasing control.

But the False Protector is not actually protecting you from the narcissist.

It is protecting you from **the feeling that reality is unreadable**.

When the Organising Gate destabilises, control becomes a substitute for perception.

So the False Protector creates “certainty” by force.

This sits directly inside MPIT’s gate definition: if the Organising Gate is the boundary between biological signal and symbolic interpretation, then the False Protector is what happens when interpretation fails—behaviour becomes an attempt to replace mediation.

False Protector signatures:

- checking rituals (phone/socials/messages/memories)
- obsessive sequencing (“what did they mean?”)
- hypervigilant pattern detection
- self-punishment disguised as discipline
- escalation of monitoring after discard (orbital pull)

The False Protector’s aim:

Prevent collapse by controlling the environment and controlling the narrative.

But because it cannot actually restore the gate, it often deepens orbital collapse—feeding the very loop it’s trying to stop.

5.6 The Truth Self: perception without seduction

The Truth Self is not the “good part.”

It is the part that can **see**.

It doesn’t bargain.

It doesn’t monitor.

It doesn’t perform rescue.

It perceives the sequence, holds ambivalence, and tolerates grief without converting grief into fantasy.

In gate terms, the Truth Self becomes readable when ASR-2 is online enough to mediate reality—when the system can integrate signal into meaning rather than panic or shadow.

The Truth Self doesn't always feel comforting.

Sometimes it feels like a clean knife.

But it is the only part that can walk you out of the mirrored structure because it doesn't need the object to organise perception.

Truth Self signatures:

- plain recognition ("this is what it is")
- grief that doesn't escalate into urgency
- less narrative, more clarity
- ability to stop feeding loops
- ability to hold "good" and "bad" simultaneously without splitting

The Truth Self's aim:

Restore authorship by restoring reality.

Not by controlling the other person.

By relocating mediation back to the self.

5.7 How the parts map to the three gate states

You don't "choose" these parts first.

The gate chooses the part.

- **ASR-1 dominance** → Mute Child takes the wheel (survival through submission/invisibility).
- **ASR-3 dominance** → Redeemer and False Protector oscillate (fantasy repair + control repair), often rapidly switching.
- **ASR-2 return (even flicker)** → Truth Self becomes readable; parts de-escalate because the system can integrate again.

This is why Episode 12's method is non-negotiable:

ASR State • Driver Part • Phase

Because the same behaviour means different things depending on gate-state.

Checking your phone in ASR-2 can be a practical task.

Checking your phone in ASR-3 can be a ritual feeding orbital collapse.

And moralising that difference is pointless.

Locate the gate. Locate the driver. Then intervene.

5.8 The recovery target is not "calm" — it is re-seating mediation

The clinical aim is not to eliminate parts.

The aim is to stop them driving the organism as if they are the whole self.

Reintegration, in MPIT terms, is the recalibration of the Organising Gate—restoring ASR-2 as the primary mediator of reality so that selfhood, object constancy, and symbolic coherence can scaffold again.

When ASR-2 returns, the parts don't vanish.

They demote.

The Mute Child can be held.

The Redeemer can be seen as rescue logic, not destiny.

The False Protector can be thanked and stood down.

The Truth Self can become the steady narrator.

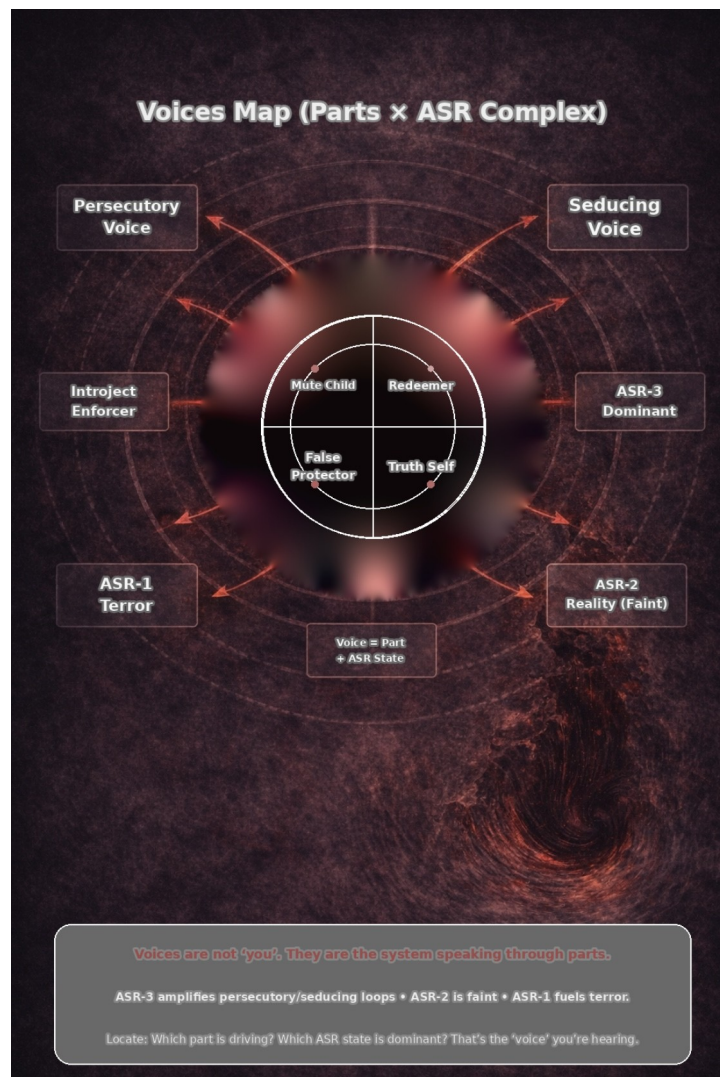
That is the beginning of the vertical return.

Figure A04

Figure 4 (end of Chapter 5): “Driver Parts Inside the ASR Field”

One template. Same geometry. Centre = ASR Complex. Four internal boxes (Mute Child / Redeemer / False Protector / Truth Self).

- ASR-1 → Mute Child dominant
- ASR-3 → Redeemer ↔ False Protector oscillation



- ASR-2 → Truth Self readable / stabilising

Driver parts are state-dependent organisers inside the Organising Gate.

Transition to Chapter 6

Now we have the two foundations in place:

- the **Organising Gate (ASR Complex)**
- the **driver parts** as self-states inside the ASR field

Next, we formalise the first collapse mechanism the survivor can actually observe:

the moment the external object becomes the regulator, and the internal world begins orbiting.

Chapter 6: The Discard Shock: Cold Detachment, Handing Over the Bad Object, and the Liminal Gate Shift

The discard doesn't feel like rejection.

It feels like *reality stops holding you*.

One minute you are a person in a relationship with a future, a meaning, a narrative. The next minute you are watching a face go blank, watching warmth turn to administrative coldness, watching the bond you lived inside become a transaction.

And what follows isn't a clean grief.

It is shock. Then compulsion. Then a strange, suspended state where you're half alive and half waiting.

This chapter names that moment correctly.

Not as "heartbreak".

As **Organising Gate rupture**.

In the MPIT paper, the ASR is defined as a *pre-conscious gate* that "evaluates, filters, and organises" affective, interoceptive, and relational stimuli *before* they reach conscious awareness.

The same paper defines the collapse sequence with clinical bluntness: when the ASR gate fails—through relational trauma, misattunement, or shared fantasy rupture—**ASR1 is reactivated, ASR2 is bypassed, and ASR3 forms a looping fantasy state**, producing dissociation, reality distortion, and false self construction.

That is the discard shock, structurally.

6.1 What "cold detachment" actually does to the psyche

Cold detachment is not simply "being unkind."

It is a specific type of rupture: *a withdrawal of relational reality*.

You are not only losing a person.

You are losing the organising function the person had come to occupy inside your gate.

That is why the body reacts as if something lethal has happened.

Because, at the level of the Organising Gate, something has.

The MPIT paper describes ASR1 as “pre-symbolic, pre-narrative” and occurring before cognitive mentalisation can stabilise perception—“the body’s primal recognition of intolerable fragmentation.”

This is why, in discard, the first wave is not thought.

It is the chest drop. The gut collapse. The dizziness. The unreality.

You don’t *decide* to feel that.

It arrives as a reflex.

6.2 The handing over of the bad object

Here is the part survivors struggle to name: the moment you feel yourself **hand something over**.

It’s not a choice. It’s a transfer.

In the instant of rupture, the psyche assigns authorship to the object again—because it is trying to stop annihilation.

This is the “handing over of the bad object”:

- You start treating their withdrawal as a verdict on your being.
- Their silence becomes a sentence.
- Their detachment becomes your internal climate.

Fairbairn described internalisation of the bad object as the child’s solution to relational rupture. MPIT sharpens the mechanism: the internalisation is not merely cognitive—it is somatic; it is recorded at the level of ASR1.

So discard doesn’t just hurt you.

It installs a bad object *into the gate*.

And once the bad object sits in the gate, your reality begins to reorganise around it.

6.3 The liminal state: where time suspends and narrative runs

After the shock, most survivors enter what they describe as “limbo”.

They’re still functioning—sort of.

But they’re not inside life.

This is the **liminal gate shift**:

- You are suspended between “it’s over” and “it might return.”
- The mind runs narrative to reduce surprise.
- The body treats uncertainty as threat.
- The system starts scanning for any signal that can restore coherence.

The MPIT paper explicitly links gate failure to unbearable “surprise” and predictive rupture, describing how, when the gate fails, “symbolic rupture ensues, and the psyche retreats into fantasy.”

That is the liminal state: fantasy as emergency architecture.

Not romance. Not denial in a simple sense.

A survival substitute for a gate that cannot metabolise rupture.

6.4 The driver parts that switch on during discard

This is where Chapter 5 becomes operational.

Once the gate is hit, the psyche deploys specialists.

Mute Child (ASR1 signature)

The smallest part of you comes forward—preverbal dread, submission, disappearance. ASR1 is “pre-symbolic” and “pre-narrative.” So the Mute Child doesn’t argue with reality. It collapses under it.

False Protector (control as substitute mediation)

Monitoring. Checking. Scanning. Replaying. “If I can understand it, I can stabilise it.” This is what happens when the gate cannot organise meaning: behaviour tries to replace mediation.

Redeemer (narcotic hope)

Rescue logic. Bargaining. “If I just explain it properly...” This is the psyche’s attempt to reverse rupture by repairing the object—because the object had become a regulator.

Truth Self (ASR2 flicker)

Sometimes you get ten minutes of clarity—no theatre, no bargaining—just “it’s gone.” That flicker is ASR2 trying to reassert reality mediation.

The key is not to moralise which part appears.

The key is to locate which part is driving under which gate-state.

6.5 Discard → CIPR: when collapse becomes “I’m not real”

Some survivors do not simply grieve.

They fragment.

They derealise. Depersonalise. Become terrified of their own mind. Lose continuity. Lose sleep. Lose the ability to sequence time.

MPIT names this **Collapse-Induced Psychotic Regression (CIPR)**.

In the MPIT paper, the author explicitly states that survivors of narcissistic abuse often report “overwhelming fear or body-level collapse during discard,” and proposes that the abuser reactivates ASR1 through symbolic rupture—abandonment, betrayal, derealisation—pushing the survivor into CIPR, described as temporary severe derealisation and fragmentation.

This matters because it stops the shame.

You are not “going mad” because you’re dramatic.

You are experiencing a predictable gate failure pattern under symbolic rupture.

6.6 The mechanical loop that follows: orbital pull

Once CIPR begins (or even if it doesn’t), the next structural consequence is almost universal:

The system tries to restore coherence by returning to the object.

That return can be external (contact, pleading, messaging).

Or internal (checking, fantasising, rehearsing, scrolling, reviewing, imagining the apology, replaying the last conversation).

This is not weakness.

It is a stabilisation attempt.

Because, as the MPIT paper states, when the gate fails, ASR1 reactivates, ASR2 is bypassed, and ASR3 forms a looping fantasy state.

ASR3 looping is what orbital pull *is*.

A false organiser running the system.

The danger is not the pain.

The danger is that the loop becomes the new normal.

And the loop keeps feeding the very object that ruptured you.

6.7 The correct order of intervention after discard

This book is not therapy-by-phrase.

It’s a structure.

So the order is strict:

If ASR1 is dominant (terror / threat-to-being)

You do not interpret.

You do not chase meaning.

You stabilise the body and reduce input, because ASR1 is “pre-symbolic” and “pre-narrative.”

If ASR3 is dominant (fog / compulsion / fantasy looping)

You do not negotiate with thoughts.

You locate the driver part and interrupt the ritual feeding the loop.

Because the loop is not neutral—it is maintenance.

When ASR2 flickers (truth becomes readable)

You don't waste it.

You use it to re-seat authorship: one clean boundary, one clean sentence, one clean act of self-location.

This is the first reintegration move:

return mediation to the self.

Figure callout plan for production

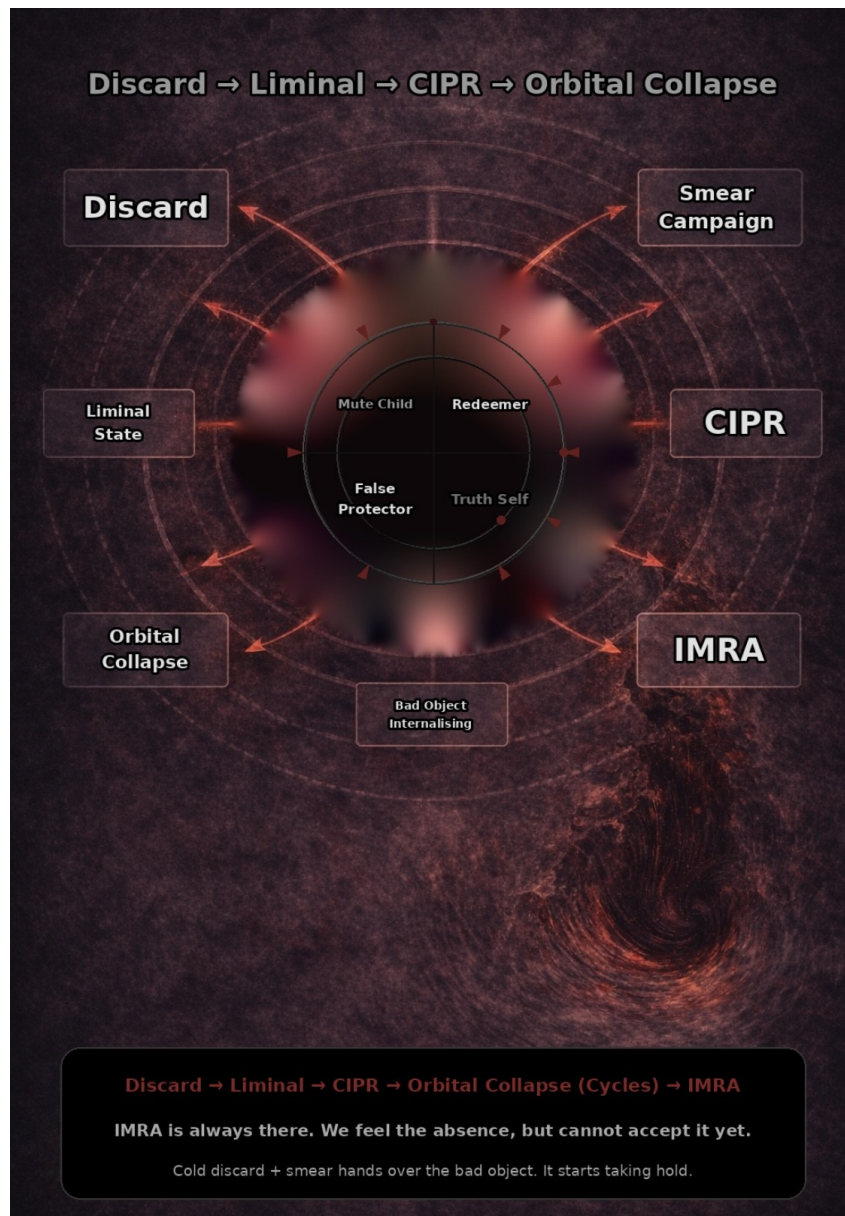
Figure 5 (end of Chapter 6): "Discard Shock: The Liminal Gate Shift"

Same template. Centre = ASR Complex.

Left: Discard event (cold detachment / rupture).

Inside: ASR1 spike → ASR2 bypass → ASR3 loop. Discard = Organising Gate rupture (ASR1 → bypass ASR2 → ASR3 loop).

□



Transition to Chapter 7

Now we take the liminal state seriously—because it's where most survivors get trapped.

Not in "missing them". In *reality distortion maintained by a looping gate*.

Chapter 7: Orbital Collapse: Why the Mind Keeps Returning to the Object's Gravity

Orbital collapse is the part survivors are most ashamed of.

The checking.

The scanning.

The rehearsing.

The “one more look.”

The sudden urge to contact, then the crash.

The sense that you’re circling something you *know* is destroying you—yet your system treats it like oxygen.

The recovery space tends to moralise this.

It calls it weakness. Addiction. Poor boundaries. “Trauma bond.”

MPIT calls it what it is:

A looped Organising Gate.

When the ASR gate fails—through relational trauma, emotional misattunement, or shared fantasy rupture—**ASR1 is reactivated, ASR2 is bypassed, and ASR3 forms a looping fantasy state.**

Orbital collapse is what that line looks like in real life.

It is not random behaviour.

It is the psyche attempting to re-stabilise reality by re-entering the gravity field of the object that previously organised it.

7.1 The orbit is not “wanting them back” — it is the gate trying to reduce unbearable surprise

The mind does not tolerate unprocessed rupture.

Not because it’s childish.

Because prediction is how the organism stays coherent.

The MPIT paper integrates predictive processing explicitly: Friston’s account of the brain as a prediction engine reducing surprise is used to explain why, when the gate fails, “surprise becomes unbearable,” symbolic rupture follows, and the psyche retreats into fantasy.

That line matters.

Because it clarifies the hidden motor inside orbital behaviour:

The orbit is an attempt to reduce surprise.

The object withdraws.
The narrative model collapses.
The organism experiences rupture as threat-to-being (ASR1).
ASR2—the capacity to symbolically integrate and reality-test—gets bypassed.
So ASR3 becomes the compensatory organiser: looping, fantasy-based, dissociative mediation.

Orbital collapse is the behaviour of ASR3.

It is the mind saying:

“If I can get back into contact with the object (externally or internally), I can re-stabilise my model of reality.”

And that is why it feels compulsive.

Because it isn't a preference. It's a regulatory attempt.

7.2 The orbit has two forms: external and internal

Survivors often think they've “done well” because they haven't contacted.

But the orbit doesn't require contact.

It requires **access**.

External orbit

- messaging, pleading, apologising
- engineered “accidental” contact
- checking if you're blocked
- returning to shared spaces
- proxy contact through friends, family, children

Internal orbit

- rereading messages
- replaying conversations
- scrolling photos
- stalking socials
- running hypothetical dialogues
- imagining the apology
- building alternate timelines
- “understanding” as a ritual (not insight)

Both serve the same function:

reintroduce the object into the gate.

Because in borrowed coherence, the object was not simply loved.

It had become a regulator.

So after discard, the system keeps trying to reinstall the regulator.

7.3 Why orbital collapse escalates after discard

The discard is not merely loss.

It is **symbolic rupture**—a break in how the organism organises relational reality.

The MPIT paper makes this direct: the Organising Gate “operates as a boundary between biological signal and symbolic interpretation,” and when the gate fails, meaning coherence collapses.

So after discard, the survivor often enters a liminal state where:

- time becomes distorted
- the mind runs narrative relentlessly
- certainty becomes addictive
- absence becomes intolerable
- ambivalence collapses into either idealisation or self-blame

This is not “overthinking.”

This is what happens when ASR2—the mature symbolic filter—has been bypassed and ASR3 is organising reality through looping fantasy logic.

The orbit is the behavioural expression of a broken mediation system.

7.4 The orbit is driven by two parts: Redeemer and False Protector

Inside the ASR3 loop, the system typically oscillates between two drivers.

The Redeemer: repair by return

The Redeemer says:

“If I fix it, I can restore coherence.”

It does not experience itself as addiction. It experiences itself as virtue.

It will rewrite the self.

It will confess.

It will explain.

It will bargain.

Not because it’s pathetic.

Because it is trying to reverse rupture by restoring the object’s stabilising function.

The False Protector: certainty by control

The False Protector says:

“If I can *know*, I can stabilise.”

So it checks.

It scans for patterns.

It tries to recover the missing data that would make the rupture intelligible.

It treats ambiguity as danger.

Both are attempts to do ASR2’s job while ASR2 is offline.

Both are substitutes for reality mediation.

The tragedy is that they feel like coping.

But structurally, they are feeding the loop.

7.5 Why the orbit can feel like psychosis: CIPR and the derealisation signature

Some survivors do not merely spiral cognitively.

They fragment.

They derealise, depersonalise, lose continuity, become terrified of their own mind.

The MPIT paper explicitly links discard-type rupture to reactivation of ASR1 and describes collapse-induced psychotic regression (CIPR) as a temporary severe derealisation and fragmentation response.

That is why orbital collapse can feel “insane”:

Because the organism is not only grieving.

It is attempting to re-stabilise a reality filter under threat-to-being.

And when ASR1 is active, the system is pre-symbolic and pre-narrative.

So the body drives.

The mind follows.

That is not moral failure.

That is gate mechanics.

7.6 The orbit’s hidden bargain: “If I return, I won’t annihilate”

This is the core bargain the organism makes under ASR1 activation:

“If I can restore the object, I can restore myself.”

Which is why orbital collapse doesn’t just look like missing someone.

It looks like:

- urgency
- compulsion
- bargaining
- self-erasure
- collapse of dignity
- collapse of time
- collapse of identity

This is the point where survivors hand the authorship back to the bad object.

Because the system is attempting to prevent annihilation by reinstalling the external regulator.

MPIT frames this as the internalisation of the bad object not as purely cognitive, but as somatic recording at the level of early rupture.

So the orbit isn't simply "I want them."

It's "I need the gate back."

And the mind confuses those two because the gate has been captured before.

7.7 The correct intervention is not "stop checking" — it is re-seating the gate

This book does not ask survivors to "just stop."

Because "just stop" is often impossible while ASR3 is running.

The correct intervention is procedural:

Restore ASR2 dominance, even in flickers.

Because ASR2 is the mature, modulated system integrating sensory, interoceptive, and symbolic input.

So the order matters:

If ASR1 is dominant (terror / threat-to-being)

Stabilise first.

ASR1 is pre-symbolic and pre-narrative.

So trying to "understand" in ASR1 will produce rumination, not insight.

If ASR3 is dominant (loop / fantasy / compulsion)

Interrupt feeding behaviours.

Not as punishment—mechanically.

Because each ritual is an *input* that reinforces the looped gate.

The ritual is not neutral.

It is a signal to the organism: "the object is still the regulator."

When ASR2 flickers (truth becomes readable)

Use it.

Don't waste it arguing with yourself.

ASR2 flicker is your first return to vertical mediation.

This is where the Truth Self becomes readable again—quietly, plainly—and you can make one clean move: boundary, deletion, no-contact structure, environmental change, therapeutic anchoring.

Not because you feel ready.

Because the gate is available.

7.8 The deeper aim: replacing borrowed coherence with authored coherence

Orbital collapse ends when the system no longer requires the object to organise reality.

That is the real withdrawal.

Not “I don’t care.”

But:

“I can hold reality without you.”

The MPIT paper describes the Organising Gate as the threshold through which perception, internal object constellations, and emotional self-mapping pass, and it frames healthy function as scaffolding selfhood, object constancy, and symbolic coherence.

So the endpoint of orbital collapse is not behavioural virtue.

It is structural restoration:

- object constancy returns (without the object present)
- ambivalence returns (good and bad held without splitting)
- time returns (sequence becomes readable again)
- narrative returns (without compulsive rewriting)
- the self returns (without needing to be mirrored)

This is reintegration’s first true win:

Not comfort.

Reality.

Figure A06

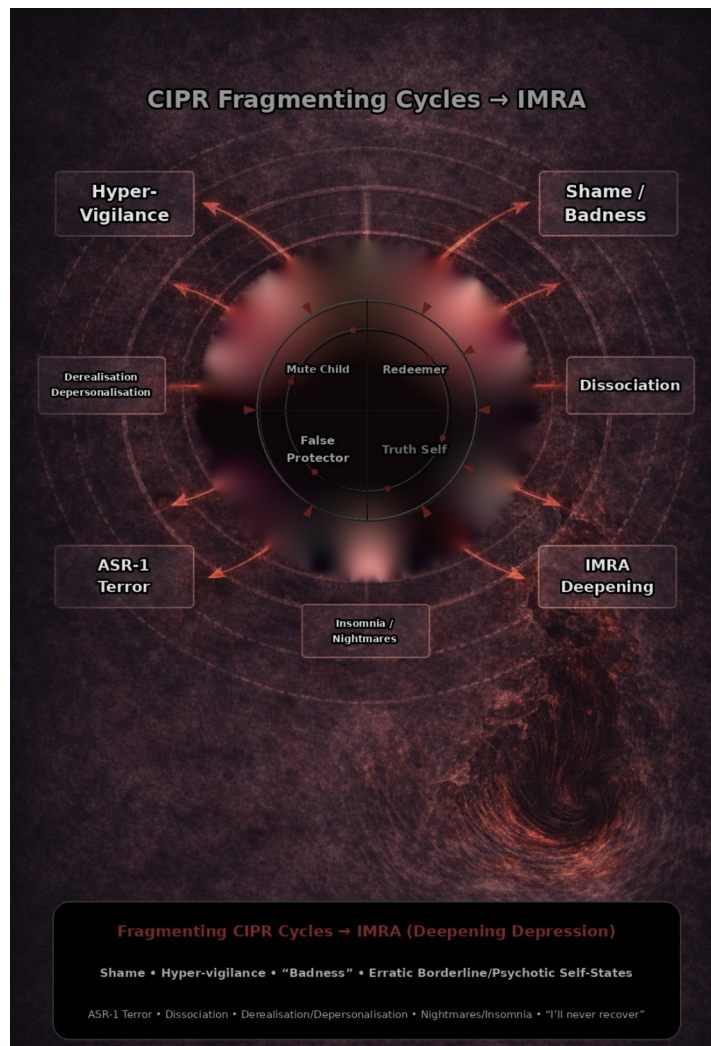
Figure 6 (end of Chapter 7): “Orbital Collapse: ASR3 Looping State”

Same template. Centre = ASR Complex.

Show the failure sequence inside the frame: **ASR1 → bypass ASR2 → ASR3 loop.**

Two orbit lanes: External Orbit / Internal Orbit.

Driver oscillation inside ASR3: Redeemer <> False Protector.



Orbital collapse = ASR3 looping to restore borrowed coherence.

Transition to Chapter 8

Orbital collapse is what happens when the gate keeps trying to reinstall the object.

But eventually, the orbit exhausts itself.

And what arrives next is not relief. It's deadness.

The phase where absence becomes structural, and the bad object becomes internal climate.

Chapter 8: IMRA: When Absence Becomes the Organising Principle

Orbital collapse is gravity.

IMRA is the moment gravity dies—and what replaces it is not freedom.

It's deadness.

Not calm. Not closure. Not acceptance.

A flat, hollow, internally watched existence where you can function, even speak, even "seem okay"... but the inside of you has gone quiet in the wrong way.

The MPIT paper names the pivot that leads into this: **when ASR3 collapses after betrayal, discard, or relational fragmentation, the psyche enters a liminal zone—no longer anchored to the narcissist's logic, yet still unmoored from authentic selfhood.**

That zone is where IMRA appears.

8.1 IMRA is not "healing" — it's a protective shut-down

IMRA (Inversed Mirrored Reflexive Apathy) is the survivor's post-orbit reflex: the psyche stops chasing the object, but it does not yet return to authored reality.

Instead, it enters a state where **absence becomes the organising climate.**

You are still here.

But you're not *in* your life.

This is why people misread it as recovery: the chaos reduces, the messaging stops, the obsessive orbit loosens.

But internally, the gate is still not restored.

MPIT frames the central project of recovery as: **reconstructing the Organising Gate (ASR2), returning to the axis of symbolic meaning, and exiting the mirrored simulation sustained by ASR3**—and it emphasises this is *not cognitive alone*, but must occur across cortical narrative, subcortical regulation, limbic affect, and interoceptive trust.

IMRA is what happens when that reconstruction hasn't begun properly yet.

It's the psyche protecting itself from further rupture by flattening feeling and reducing symbolic reach.

8.2 The symbolic vacuum: when narrative and self drop out

MPIT names a stage that maps almost perfectly onto what survivors call “numbness”: a **Symbolic Vacuum**, where the survivor experiences *loss of narrative and self*.

This is not poetic language. It’s diagnostic.

In IMRA, the mind often can’t hold story.

Not because you “don’t want to think about it.”

Because the system that normally holds time, meaning, and sequence has been compromised.

So what replaces it is:

- minimal functioning
- emotional flattening
- reduced imagination
- reduced future
- reduced self-permission to exist

It’s a quiet collapse—less visible than orbit, but structurally just as important.

8.3 Why apathy becomes reflexive

Survivors often say: “I don’t care anymore.”

But under IMRA, that “not caring” frequently isn’t liberation.

It’s surveillance-fatigue.

It’s the nervous system saying: *if I feel, I will re-enter the loop; if I hope, I will die again; if I attach, I will rupture.*

So apathy becomes **reflexive**.

Not chosen.

Installed.

And it’s **inversed** because it looks like strength from the outside while functioning as a collapse defence on the inside.

MPIT’s framework is blunt about what’s underneath these states: the symptoms survivors present with—**dissociation, false self structures, introject loops, affective numbness**—are downstream of Organising Gate collapse, not separate problems floating in isolation.

IMRA is one of the cleanest examples of that downstream effect.

8.4 The false self returns as “survival structure” (and survivors mistake it for relapse)

One of the most distressing IMRA features is the sense of “I’m back in it.”

Not back with them—back in the *internal system*.

MPIT states this clearly: after collapse, survivors often experience the **re-emergence of the false self—not as narcissism, but as survival structure**, as ASR3 flares in high-stress or relational moments; and it explicitly says: *this is not failure*, it is residual symbolic architecture—the old gate flaring up.

IMRA often *is* that flare—just in a muted register:

- you go quiet
- you go small
- you go flat
- you stop desiring
- you stop asking
- you stop risking truth

It can feel like the self is “gone again.”

But structurally, it’s the system trying not to be annihilated twice.

8.5 IMRA’s internal signature: introject fog, not clarity

In orbit, the mind is loud.

In IMRA, the mind is quieter—but the internal world is still populated.

MPIT describes the recovery task as: recognising the internal critical voice, the shame spikes, and the compulsion to perform as installed distortions—the echoes of ASR3’s organising gate; then **identifying introjects and simulated voices** and beginning symbolic eviction; then authoring new narrative anchors.

IMRA is what it looks like before that work begins:

You’re not arguing with the introjects anymore.

You’re living under them.

It’s fog with a calm face.

8.6 The danger of IMRA: mistaking “less pain” for “return”

This is where the book has to be strict.

IMRA is not reintegration.

It is *the pause between collapse and return*.

If survivors mistake it for the endpoint, they often build a life that is “safer” but smaller—less feeling, less desire, less risk, less voice.

MPIT’s sequence makes the next move explicit: after collapse and symbolic vacuum, the next phase is **Emergent Symbol Detection** (noticing mirroring and introjects) and then **Organising Gate Recovery** (ASR2 reconstruction).

So IMRA is not where we stop. IMRA is where we pivot

8.7 What ends IMRA: the first real return of ASR2

Here is the line that matters more than any motivational phrase:

“The gate is never destroyed — it is reclaimable.”

IMRA ends when ASR2 begins to rebuild—when the Truth Self becomes readable again, not as a spike of insight, but as a steadier, quieter authorship.

And MPIT is precise about how that happens: **through consistent, attuned presence (therapeutic gaze), mirror disruption and introject mapping, and then reassembly and narrative authorship—restoring symbolic time, affect, and identity.**

IMRA doesn't resolve by “understanding the narcissist.”

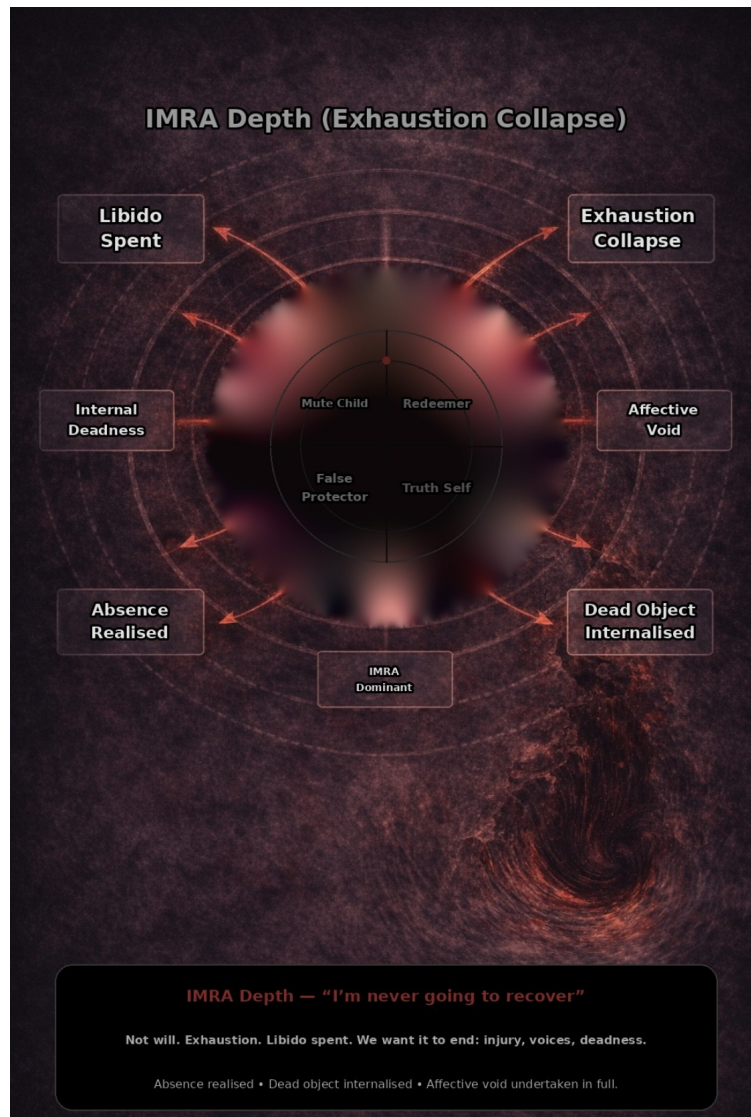
It resolves by rebuilding the gate that was stolen—so the self can hold reality without collapsing into simulation.

Figure A07

Figure 7 (end of Chapter 8): “IMRA / Symbolic Vacuum”

Same template. Centre = ASR Complex.

Show: ASR3 collapse → Symbolic Vacuum → IMRA (flattened affect, reduced narrative).



IMRA = protective apathy after ASR3 collapse (self not yet reseated in ASR2).

Transition to Chapter 9

Orbital collapse is the fight to reinstall the object.

IMRA is the moment the fight stops—without the self returning yet.

Next, we move into the first constructive turning point:

the earliest measurable return of the vertical axis.

Chapter 9: Vertical Flicker: The First Return of the Self as Organising Principle

At some point after IMRA—after the deadness, after the fog, after the orbit has burned itself down—you get a moment.

It isn't dramatic.
It isn't catharsis.
It isn't even relief.

It's a **flicker**.

Ten seconds where you see the whole thing plainly.

No bargaining.
No scanning.
No narcotic hope.
No rehearsed speeches.
Just the quiet recognition:

"This is what it is."

That moment is not a mood lift.

It's the first measurable sign that the **Organising Gate** is coming back online.

Because MPIT defines the ASR system as the Organising Gate through which perception, internal object constellations, and emotional self-mapping must pass—and states that when functioning properly, this system scaffolds **selfhood, object constancy, and symbolic coherence**.

Vertical flicker is the first return of that scaffolding.

9.1 Vertical flicker is not "thinking positively" — it's ASR-2 reappearing

The ASR is not presented as a generic stress model. In the paper, it's explicitly defined as a **pre-conscious gate** that evaluates, filters, and organises affective, interoceptive, and relational stimuli before they reach conscious awareness.

So when you've been in ASR-3 looping (orbit) and then IMRA (apathy), the return doesn't arrive as insight first.

It arrives as **mediation**.

For a brief moment, the gate does what it's meant to do:

- it holds reality without forcing it
- it tolerates mixed feeling without splitting
- it makes time readable again
- it makes "absence" metabolise instead of annihilate

The paper names these capacities plainly when describing intact gate function: object constancy, affective coherence, and symbolic ambivalence—mixed feelings held without collapse.

That's vertical flicker.

Not "I feel better."

"I can hold reality for a moment."

9.2 Why it's called vertical

Because collapse drags you sideways.

Sideways into the object.

Sideways into monitoring.

Sideways into proving.

Sideways into bargaining.

Sideways into the mirrored hall.

Vertical is different.

Vertical is authorship.

Vertical is the self reseated as the organiser—rather than the object being used as regulator.

That is why this stage matters so much: it's the first time the organism stops asking *the object* to grant reality back, and starts letting reality be mediated through the self again.

MPIT frames the entire recovery arc around this: it offers “a structured path to reauthoring the self,” not merely symptom reduction.

Vertical flicker is the first crack of that authorship.

9.3 What it feels like in the body

It's subtle, but survivors recognise it instantly once they're taught to look:

- a drop in urgency
- a slight widening of breath
- a moment where you don't reach for the phone
- a moment where the narrative stops running
- the first clean grief (not panic, not hope—grief)

And here's the key:

It doesn't feel euphoric.

It feels *plain*.

That plainness is the Truth Self becoming readable because mediation has returned, however briefly.

9.4 What vertical flicker does to the driver parts

In IMRA and orbit, parts drive as if they are the whole self.

In vertical flicker, they demote.

- The **Redeemer** goes quiet because it no longer has to repair reality by repairing the object.
- The **False Protector** loosens its grip because certainty is no longer being manufactured by force.
- The **Mute Child** is still there, but it's no longer alone with annihilation.

The gate is doing its job again—briefly.

And because the ASR system is defined as the organising gate of symbolic coherence, when it stabilises even for seconds, the internal world begins to organise around meaning instead of survival.

9.5 The crucial discipline: don't waste the flicker

This is where survivors get misled.

They treat the flicker as a nice moment.

Then they go straight back into the loop.

But structurally, the flicker is an **opportunity window**.

It's the moment you can make a move that would be impossible in ASR-1 terror or ASR-3 fog.

So the instruction in Part A is simple:

When vertical flicker arrives, you don't argue with it.
You **use it**.

One clean act that re-seats authorship.

Not a big life overhaul.

A single, precise move that tells the gate:

"I'm organising reality now."

Examples (structural, not moral):

- delete the message thread you keep reopening
- block one access point that feeds orbit
- write one sentence of truth and keep it visible
- tell one safe person the reality without defending it
- make one environmental change that reduces input

This is how reintegration begins: not through "closure", but through recalibration of the Organising Gate toward coherent symbolic processing again—the very function the paper positions as the ASR system's role when intact.

9.6 Why it flickers instead of stabilising

Because collapse isn't solved by insight.

It's solved by repeated gate re-calibration.

The paper is explicit about what happens under chronic narcissistic/relational trauma: the Organising Gate fragments, inducing collapse and fantasy formation; when the gate fails, ASR-1 is reactivated, ASR-2 is bypassed, and ASR-3 forms a looping fantasy state.

That's not a switch you flip off.

So the first return of ASR-2 often comes as flicker—brief stability between surges.

Your job is not to force stabilisation by willpower.

Your job is to **build anchors** that make ASR-2 easier to return to next time.

Vertical flicker is Stage 1.

Stabilising is Stage 2.

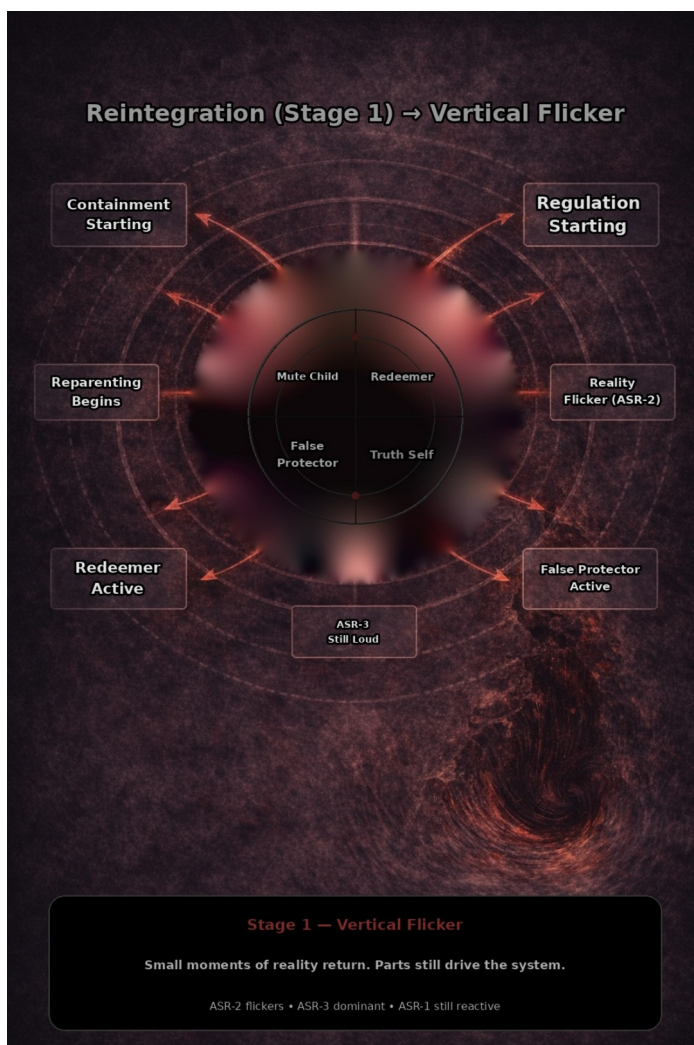
Integration is Stage 3.

Figure A08

Figure 8 (end of Chapter 9): “Reintegration Stage 1 — Vertical Flicker”

Same template. Centre = ASR Complex.

Show: ASR-3 loop loosening → ASR-2 brief return → Truth Self readable.



Vertical Flicker = first brief return of ASR-2 as reality mediator.

Transition to Chapter 10

Vertical flicker is the first return of authorship.

Next, we build what makes it repeatable—so the flicker becomes a foothold, and the foothold becomes a path.

Chapter 10: Vertical Stabilising: Building ASR-2 Anchors (So the Gate Stops Collapsing Back into Shadow)

Vertical flicker is the first return of reality.

Vertical stabilising is the first return of *reliability*.

This is where the book stops being descriptive and becomes operational.

Because if you've made it as far as flicker, you've already proved something:

The Organising Gate is not destroyed.

It's reclaimable.

And MPIT is explicit about what recovery actually depends on: **symbolic reclamation—particularly the reintegration of ASR-2 (the Organising Gate) and the authoring of a new self-narrative.**

So Stage 2 is not “feeling better”.

Stage 2 is **building anchors that keep ASR-2 online**—often quietly, often imperfectly—so you don't keep dropping back into ASR-3 fog or ASR-1 terror.

10.1 What “stabilising” means in gate language

The MPIT paper defines ASR-2 as the mature, modulated system that integrates sensory, interoceptive, and symbolic input.

It also defines what happens when the gate fails: **ASR-1 reactivates, ASR-2 is bypassed, and ASR-3 forms a looping fantasy state**, producing dissociation, reality distortion, and false self construction.

So stabilising is not a vibe.

Stabilising is simply this:

ASR-2 returns often enough, long enough, that the loop can't reinstall itself as home.

In other words: your reality mediation becomes repeatable.

Not perfect.

Repeatable.

10.2 The false hope: “I'll stabilise when I understand”

Survivors keep thinking the solution is explanation.

“If I can figure out what they meant...”

“If I can find the missing data...”
“If I can prove my innocence...”
“If I can make the story coherent...”

But the paper is clear: when ASR-2 misfires or is compromised, reality becomes substituted with internally looped projections.

Which means “understanding” can become a ritual that *feeds* the loop, not ends it.

So Stage 2 starts with a hard pivot:

You don’t stabilise by solving the narcissist.

You stabilise by **restoring the gate**.

10.3 The clinical sequence: three tiers of stabilisation

MPIT lays out a three-tier clinical approach aligned to symbolic recovery. For the book, we’re going to translate those tiers into Stage-2 anchors—so you can see the mechanics and stop improvising in panic.

Tier 1: Deactivate ASR-1 enough that you can think again

MPIT emphasises grounding and deactivation of ASR-1 through somatic work to restore body ownership and interoceptive accuracy, stabilising threat loops, and reassurance of basic safety.

In plain terms:

If your body is screaming “I’m going to die,” you cannot build authorship. You can only survive waves.

So stabilising begins with **body proof**:

- consistent rhythm (sleep/wake hygiene as best as possible, repetition, predictable inputs)
- breath/sound/rhythm work as threat-loop stabilisers (not as spirituality, as physiology)
- reducing stimulus that spikes the loop (screens, stalking, chaos input)

This is not “self-care”.

This is returning the organism to a state where ASR-2 can even appear.

Tier 2: Mirror disruption and introject mapping (stop living inside their gaze)

MPIT is explicit here: identify the narcissist’s voice within the client’s internal dialogue, map false self states and performative reflexes, and introduce diagrams/symbolic tools to deconstruct distortions.

This is where stabilising becomes *structural*.

Because the loop isn’t only behavioural.

It’s internal.

It's the gaze living inside you.

So Stage 2 requires you to do something that feels almost offensive at first:

treat the internal narrative as contaminated until proven otherwise.

Not because you can't trust yourself forever.

But because the paper's claim is direct: false self emergence is tied to ASR-3 dominance, where identity becomes performative and externally authored.

Mirror disruption means:

- catching "snapback moments" where the false self reasserts control
- naming ASR-3 explicitly (not as shame—diagnostically)
- stopping the automatic compliance that pretends it's personality

This is where the map becomes a tool, not a concept.

Tier 3: Reassembly and narrative authorship (re-seat the vertical axis)

MPIT describes Tier 3 as reintegration of ASR-2 through stable relational anchoring (therapeutic gaze, consistency), language-based narrative work to re-author meaning, and gradual restoration of symbolic time, affect, and identity.

Notice what's being restored:

Time. Affect. Identity.

That's gate work.

That's ASR-2 returning as mediator.

And this is where stabilising stops being "stop thinking about them" and becomes:

build a new internal organiser that does not require the object.

10.4 ASR-2 anchors: what you're actually building

An ASR-2 anchor is anything that reliably does one of these three things:

1. **reduces the ASR-1 spike**
2. **breaks the ASR-3 loop**
3. **extends the ASR-2 window**

MPIT explicitly emphasises "new symbolic anchors (language, diagrams, relational mirroring) that allow ASR-2 to be gradually restored."

So we're not guessing. We're following the spine of the model.

In Stage 2, anchors are deliberately small, repeatable, and structural.

Not motivational.

Not aesthetic.

Structural.

10.5 The hard truth about Stage 2: “Recovery is not linear”

This is where survivors often panic again, because they think stabilising means “no relapse.”

MPIT is explicit: **recovery is not linear, and the false self will return** as a survival structure, with ASR-3 reasserting in high-stress or relational moments.

So stabilising is not “never falling back.”

Stabilising is:

- recognising the snapback faster
- shortening the duration of the loop
- restoring ASR-2 sooner
- returning authorship without self-punishment

The therapist’s role is described as mirroring accurately—challenging distortions without retraumatising, noticing when the false self is speaking, and inviting the client back to truth.

For the book, that becomes a simple instruction:

If you punish the snapback, you extend it. If you locate it, you shorten it.

10.6 The stabilising marker: object constancy returns in fragments

The paper gives one of the cleanest functional definitions in the whole model:

In healthy adults, **ASR-2 allows the psyche to “hold onto” a relational anchor even when that anchor is absent**—this is what object constancy truly means.

So Stage 2 stabilising has a very specific marker:

You begin to hold *your own* anchor in absence.

Not their anchor.

Yours.

That’s why you stop collapsing every time you’re alone.

That’s why your chest doesn’t drop every time you remember.

That’s why the day becomes readable again.

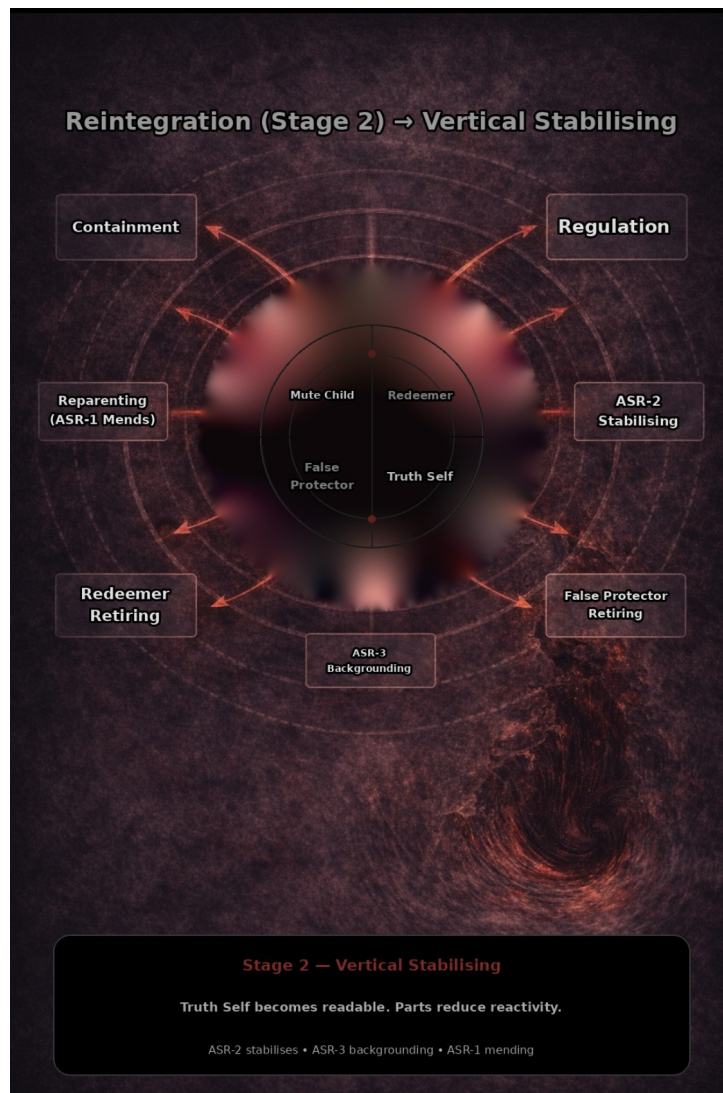
It’s not that the grief vanishes.

It’s that the gate can metabolise it.

Figure A09

Figure 9 (end of Chapter 10): “Reintegration Stage 2 — Vertical Stabilising (ASR-2 Anchors)”

Same template. Centre = ASR Complex.



- Tier 1: ASR-1 Deactivation (somatic stabilisers)
- Tier 2: Mirror Disruption / Introject Mapping
- Tier 3: Reassembly / Narrative Authorship (ASR-2 reintegration)

Vertical stabilising = repeatable ASR-2 access through symbolic anchors.

Transition to Chapter 11

Stage 2 makes ASR-2 repeatable.

Stage 3 makes ASR-2 *home*.

And the shift between them happens through one central act the paper keeps pointing to:

symbolic reclamation—rebuilding the vertical axis until the self is no longer externally authored.

Chapter 11: Integration: Not Happiness — Knowing Self (Re-seating the Central Ego in the Organising Gate)

People keep waiting for recovery to feel like relief.

They're waiting for a clean emotional sunrise.

They're waiting to "not care."

They're waiting for the nervous system to stop flinching.

But MPIT doesn't define integration as a mood.

It defines it as a **restoration of reality mediation**.

Because the ASR Complex is not presented as a generic stress response. It is defined as a *pre-conscious gate* that "evaluates, filters, and organises" affective, interoceptive, and relational stimuli before they reach conscious awareness. And the paper is explicit: the three ASR modes "comprise the Organising Gate" through which perception, internal object constellations, and emotional self-mapping must pass—scaffolding selfhood, object constancy, and symbolic coherence when functioning properly.

So integration, in this book, is not happiness.

It's **knowing self**.

The self resealed in the centre of the gate again.

11.1 What integration is (structurally)

Integration is the point where ASR-2 becomes *home*.

Not "always calm", not "never triggered".

Home.

The paper describes ASR-2 as "a mature, modulated system integrating sensory, interoceptive, and symbolic input." That is precisely what collapse disrupted, and what reintegration restores: the capacity to metabolise rupture without losing reality.

So integration is when:

- the gate no longer needs the object to stabilise perception,
- the internal object field becomes readable without terror,
- time becomes continuous again,
- and the Truth Self can remain online even when grief is present.

This is why I keep saying: not happiness—knowing self.

Because "knowing self" is a gate function before it is a feeling.

11.2 The three returns that define integration

When the Organising Gate is intact, the paper states the system supports **object constancy**, **affective coherence**, and **symbolic ambivalence** (tolerating mixed feelings without collapse).

Integration is the return of those three capacities.

(1) The return of object constancy. You can hold the reality of the relationship—and the reality of its end—without the mind collapsing into orbit or deadness.

Not because you don't miss them.

Because absence no longer annihilates the organising system.

(2) The return of affective coherence

Feeling returns, but it returns in sequence.

Not as flooding. Not as compulsive urgency.

Grief becomes grief. Anger becomes anger. Longing becomes longing.

They no longer arrive as one fused terror-signal.

(3) The return of symbolic ambivalence

This is the point where the internal world can say:

"It was real *and* it was not safe."

"I loved *and* I was used."

"They had moments of warmth *and* they were structurally cold."

"I miss *and* I do not return."

This is what ends splitting.

And splitting is what keeps the shared fantasy alive.

11.3 The end of the driver regime

In collapse, parts drive like dictators.

Mute Child screams threat-to-being.

Redeemer sells narcotic hope.

False Protector manufactures certainty.

Integration is when those parts demote.

Not erased. Demoted.

Because the gate returns, and the system no longer needs emergency specialists to replace reality mediation.

The paper describes what happens when the gate fails: under chronic relational trauma or shared fantasy rupture, “ASR1 is reactivated, ASR2 is bypassed, and ASR3 forms a looping fantasy state.”

Integration is the reversal of that failure sequence.

Not in one leap.

But in dominance:

ASR-2 begins to dominate often enough that:

- the Mute Child is held without dictating reality,
- the Redeemer is seen as rescue logic, not fate,
- the False Protector is stood down as a ritual machine,
- and Truth Self becomes a stable narrator.

That is not motivational language.

That is gate restoration.

11.4 Narrative reintegration: the return of sequence

One of the most underestimated aspects of collapse is that it fractures time.

You don’t just “remember the relationship.”

You relive it.

You don’t just “feel sad.”

You drop out of narrative continuity.

And the MPIT paper is clear about this framing: it positions the ASR gate “at the intersection of symbolic narrative, cortical-subcortical regulation, and relational schema formation,” and explicitly describes recovery as a “structured path to reauthoring the self,” including a “survivor’s path to narrative reintegration.”

So integration includes narrative—yes.

But not narrative as rumination.

Narrative as *sequence*.

The ability to say:

“This happened. Then this happened. Then this happened.”
And remain in the body while saying it.

That is ASR-2 doing its job.

11.5 The final reversal: from mirrored authorship to internal authorship

If shared fantasy captured the gate, integration is the act of reclaiming it.

And the simplest definition of reclaiming it is this:

You stop needing the narcissistic gaze—internal or external—to tell you what is real.

This is why the paper's description of the Organising Gate matters so much: it "determines whether meaning itself remains coherent," and whether the subject can "metabolise relational rupture."

When integration is real, you still have pain.

But your pain no longer controls reality.

You don't need to force certainty.

You don't need to maintain a loop.

You don't need to perform goodness in order to be allowed to exist.

You simply re-seat the self at the centre of mediation again.

Not happiness.

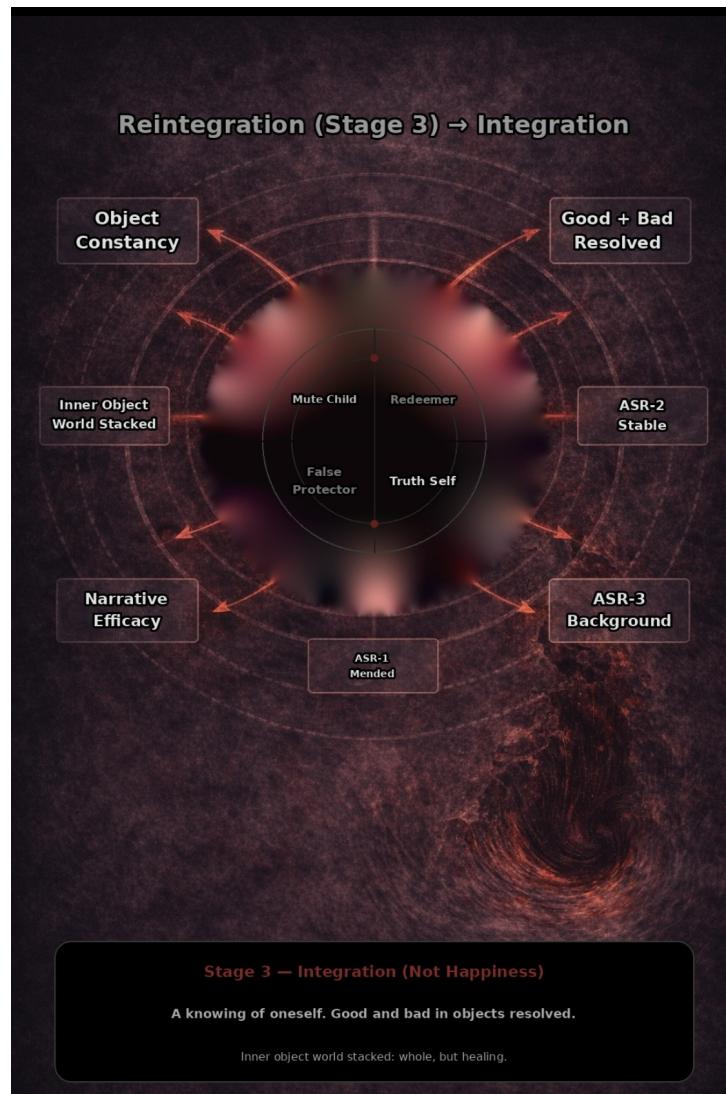
Knowing self.

Figure A10

Figure 10 : "Reintegration Stage 3 — Integration (Knowing Self)"

Same template. Centre = ASR Complex.

- ASR-2 dominant (stable mediation)
- Object constancy restored (absence tolerable)
- Affective coherence restored
- Symbolic ambivalence restored
- Driver parts demoted; Truth Self readable as baseline



Integration = ASR-2 restored as Organising Gate (not happiness—knowing self).

Transition to Chapter 12

Part A now has its full backbone:

- What the Organising Gate is
- What the ASR Complex is
- How borrowed coherence captures the gate
- How discard ruptures it
- How orbit and IMRA express the loop
- How reintegration proceeds: flicker → stabilising → integration

Next, we formalise the book's method chapter as a clinical instrument:

Chapter 12: How to Use the Map

(ASR State • Driver Part • Phase)

You don't use this map to "understand your feelings".

You use it because, in collapse, **your feelings are being processed through a compromised reality gate**—and if you skip orientation, you will intervene from the wrong state and make the loop stronger.

MPIT defines the ASR as a **pre-conscious gate** that evaluates, filters, and organises affective, interoceptive, and relational stimuli *before* they reach conscious awareness.

So the rule is strict:

Orientation before intervention.

12.1 What the map is actually doing

The map is not a "stage model" in the motivational sense.

It is a **tracking instrument** designed to locate what the MPIT paper calls the Organising Gate: the tripartite ASR system (ASR-1 / ASR-2 / ASR-3) through which perception, internal object constellations, and emotional self-mapping must pass.

When the gate is intact, you can maintain object constancy, affective coherence, and symbolic ambivalence (mixed feelings held without collapse).

When the gate fails—typically through relational trauma, emotional misattunement, or shared fantasy rupture—ASR-1 is reactivated, ASR-2 is bypassed, and ASR-3 forms a looping fantasy state.

That failure sequence is the mechanical reason survivors can "know the facts" and still feel unreal, compelled, or annihilated.

The map exists to locate **which gate is running, which part is driving, and which phase is amplifying the loop.**

12.2 The Map Protocol (the only method you need)

Step 1 — Locate ASR State (the gate)

Ask one question:

What reality filter am I in right now?

- **ASR-1 (Annihilatory):** pre-symbolic, body-first alarm. Threat-to-being. Terror before thought.
- **ASR-2 (Mature mediation):** modulated integration of sensory, interoceptive, and symbolic input. Reality becomes readable again.

- **ASR-3 (Shadow mediation):** defensive, dissociative, fantasy-based inversion emerging when ASR-2 collapses and ASR-1 is reactivated.

This is not semantics. This is the diagnosis.

Because the paper is explicit: the Organising Gate operates as a boundary between biological signal and symbolic interpretation, determining whether meaning remains coherent and whether rupture can be metabolised.

So: **ASR first.**

Step 2 — Locate Driver Part (who has the wheel)

Second question:

Which internal function is driving behaviour right now?

Use the four drivers the book has already established:

- **Mute Child** (ASR-1 signature: collapse, smallness, submission, dread)
- **Redeemer** (repair logic, bargaining, narcotic hope)
- **False Protector** (monitoring, control, certainty manufacture)
- **Truth Self** (plain perception, grief without theatre)

You are not asking “which part am I?”

You are asking:

Which part is organising my next move?

Step 3 — Locate Phase (what is amplifying it)

Third question:

Where am I in the arc?

At minimum:

- Shared fantasy capture / borrowed coherence
- Discard shock → liminal state
- Orbital collapse
- IMRA / symbolic vacuum
- Reintegration (Stage 1 flicker → Stage 2 stabilising → Stage 3 integration)

Phases matter because the same symptom means different things in different phases.

And if you intervene as if you’re in reintegration while you’re actually in discard shock, you will retraumatise yourself with “solutions” you can’t yet metabolise.

12.3 The 30-second version (when you can’t think)

Say one line—out loud if possible:

ASR state • Driver • Phase • Next move

Example formats:

- “ASR-1 • Mute Child • Discard shock • Stabilise body, reduce input.”
- “ASR-3 • False Protector • Orbital collapse • Interrupt checking ritual, create distance.”
- “ASR-2 flicker • Truth Self • Reintegration stage 1 • One clean boundary move.”

This matters because the MPIT paper describes ASR-1 as pre-symbolic and pre-narrative—before mentalisation can stabilise perception.

So if you wait for “perfect clarity” before orienting, you’ll stay trapped.

Orientation is the first return of the vertical.

12.4 Intervention rules by ASR state

If ASR-1 is dominant

Do not interpret.

ASR-1 is “pre-symbolic, pre-narrative,” occurring before cognitive mentalisation can stabilise perception.

So your job is simple:

- reduce stimulation
- stabilise breathing/rhythm/body ownership
- contain contact impulses
- don’t feed the mirror

In ASR-1, “meaning work” becomes rumination. You don’t build reality here. You survive the wave.

If ASR-3 is dominant

Do not negotiate with thoughts.

The paper states that when the gate fails, ASR-3 forms a looping fantasy state, producing dissociation, reality distortion, and false self construction.

So you treat compulsions as **loop-maintenance**, not as truth.

Your job is:

- identify the ritual (checking, scanning, rehearsing, “figuring it out”)
- interrupt the input
- relocate attention to something that reactivates mediation (sensory, relational, symbolic anchor)

This is not self-discipline.

This is gate engineering.

If ASR-2 is online (even briefly)

Use it.

ASR-2 is defined as a mature, modulated system integrating sensory, interoceptive, and symbolic input.

That means when ASR-2 appears, you can make **sequenced, reality-based moves** without immediately collapsing back into shadow.

So your “ASR-2 moves” are:

- one boundary that reduces contact/access
- one act that restores authorship (delete thread, block route, tell truth to a safe witness)
- one symbolic anchor (a written statement of reality you don’t debate)

ASR-2 is not the place for drama.

It’s the place for clean decisions.

12.5 The most common mistakes (and why they keep you stuck)

Mistake 1: Treating ASR-1 terror as insight

In ASR-1, the body is reading threat-to-being. The certainty you feel is often alarm, not truth.

Mistake 2: Letting the False Protector run recovery

Control behaviours try to replace mediation when the gate is compromised. But they often feed the loop by keeping the object central.

Mistake 3: Confusing Redeemer energy with love

The Redeemer is often a repair reflex trying to re-stabilise reality by re-stabilising the object. That is borrowed coherence trying to reinstall itself.

Mistake 4: Skipping phase

If you don’t name the phase, you’ll apply the wrong tool at the wrong time and call that “failure”.

12.6 What counts as progress (in this model)

Progress is not “I don’t miss them.”

Progress is gate restoration.

The MPIT paper states that when the gate is intact, the individual can maintain object constancy, affective coherence, and symbolic ambivalence.

So your progress markers are:

- **shorter ASR-3 loops** (less orbit time, faster return)
- **more frequent ASR-2 flickers** (reality becomes readable more often)
- **reduced ritual feeding** (checking loses its “oxygen” quality)
- **ambivalence returns** (you can hold “good and bad” without splitting)
- **absence becomes tolerable** (object constancy begins to return)

That is integration in real units.

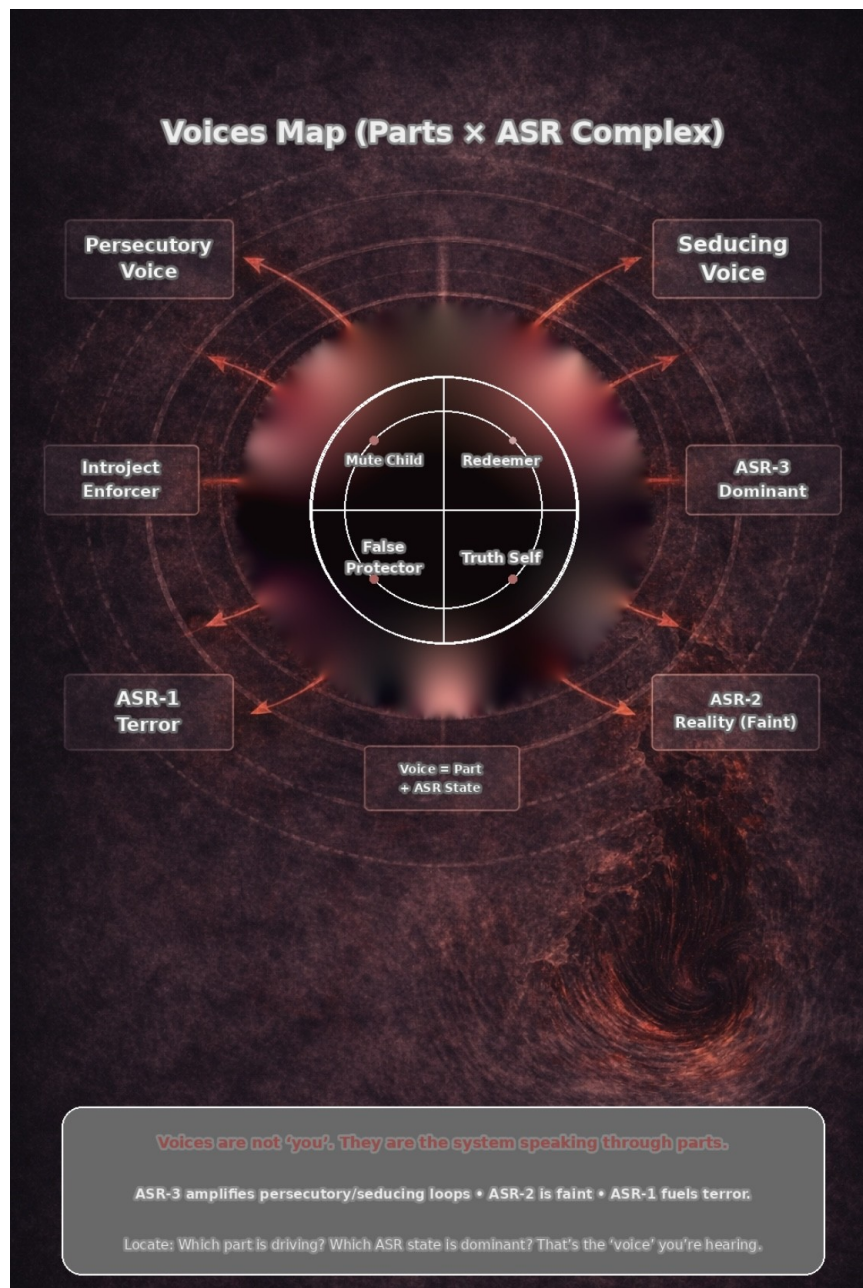
Figure A01

Figure 1: “How to Use the Map — The Protocol”

Same template. Centre = ASR Complex (ASR-1 / ASR-2 / ASR-3).

Three stacked steps:

1. Locate ASR State (Gate)



2. Locate Driver Part (Who's driving)
3. Locate Phase (What's amplifying)

Orientation before intervention: ASR • Driver • Phase.

Transition to Chapter 13

Now that the method is formalised, the book can do what it's meant to do:

Use the same protocol to walk the reader through the full collapse arc without mysticism, without moralising, and without losing the body.

Chapter 13: The Collapse Arc (Part A): From Capture to Discard to Gate Failure

This chapter is the arc in one pass.

Not as “stages of a breakup”.

As a structural sequence: how the Organising Gate is captured, how it fractures, and how the survivor’s psyche tries—repeatedly, predictably—to get reality back.

MPIT defines the Anticipatory Stress Reflex (ASR) as a pre-conscious gate that evaluates, filters, and organises affective, interoceptive, and relational stimuli before they reach conscious awareness.

It then frames the ASR Complex as tripartite—ASR-1, ASR-2, ASR-3—together comprising the “Organising Gate” through which perception, internal object constellations, and emotional self-mapping must pass.

So here is what happens, when that gate is taken off-centre.

13.1 Capture: borrowed coherence begins

The early phase doesn’t feel like danger. It feels like relief.

Not because it’s true attachment.

Because the system experiences *organisation*.

The other person reads you, mirrors you, calibrates tone, delivers intensity with precision. Your nervous system registers it as significance. And significance is the first seduction: “this matters, this is real, this is home.”

Borrowed coherence begins quietly. You don’t announce it. You don’t even notice it.

You simply start stabilising through the object.

Your day has more shape when they’re present. Your body settles when they approve. Your identity sharpens under their gaze. The gate begins to lean outward, not because you’re weak, but because the organism will always choose coherence over uncertainty.

This is the first displacement: the self nudged off the vertical axis, pulled laterally into object-seeking regulation.

13.2 Shared fantasy: the object becomes the organiser

Now the relationship stops being mutual reality and becomes a mediated reality.

You don’t just want them.

You begin to use them (unconsciously) as a stabiliser for perception itself.

This is where MPIT's placement of the gate matters: when the Organising Gate is healthy, ASR-2 can hold reality without demanding perfect certainty; when the gate is compromised, the psyche increasingly relies on external stabilisers and internal simulations.

So the shared fantasy does not merely "bond" you.

It reassigns authorship.

Your inner world becomes dependent on an outer signal.

And dependency is not the same as love.

Dependency is the gate outsourcing mediation.

13.3 Devaluation drift: misattunement becomes the climate

In most survivor narratives, the first injury is not cruelty.

It's inconsistency.

Warmth becomes selective. Presence becomes conditional. Affection becomes a resource you earn. Reality becomes uncertain in small ways that accumulate until you feel yourself scanning again—tone, timing, facial shifts, silences.

This is where the organism starts anticipating rupture.

The gate begins to run threat-prediction rather than meaning-integration.

You can still function. You can still appear composed. But internally, you've begun the first slide:

ASR-2 destabilising.

Not fully offline yet. But no longer sovereign.

13.4 Discard: cold detachment and Organising Gate rupture

Then it happens.

The look changes. The voice goes flat. The bond turns administrative. The relational world you lived inside becomes a void.

Discard is not primarily "rejection."

Discard is **symbolic rupture**.

And MPIT's central claim is that under chronic narcissistic or relational trauma, the Organising Gate fragments, inducing structural collapse and paracosmic fantasy formation.

So the immediate aftermath is not "sadness."

It's the body recognising threat-to-being.

ASR-1 rises. ASR-2 is bypassed. ASR-3 comes online as compensatory mediation.

This is the instant the survivor says: “I’m not real.”
Not as poetry. As a perceptual event.

13.5 Liminal state: narrative compulsion and imminent annihilation

After the shock, the psyche enters liminal suspension.

Time distorts. Meaning becomes urgent. The mind runs narrative the way the heart runs blood—compulsively—because the organism cannot tolerate rupture without explanation.

This is not curiosity.

It’s stabilisation-seeking.

The mind is trying to rebuild a coherent world. If it can produce the “reason”, it can produce a bridge back to safety.

But in this phase, the gate is compromised. So the narrative rarely resolves into truth. It resolves into looping.

The question doesn’t end. It multiplies.

13.6 CIPR risk window: when the self fractures under rupture

Some survivors don’t merely obsess. They fragment.

Derealisation. Depersonalisation. terror that feels psychotic—not because they are psychotic, but because the gate has lost its regulating function and the organism is running on annihilatory alarm plus shadow mediation.

MPIT frames collapse at the “symbolic-physiological threshold” and treats the Organising Gate collapse as the defining event, with downstream phenomena—dissociation, false self structures, introject loops, affective numbness—secondary to this singular inversion.

So CIPR sits here as a risk window: the psyche attempts to survive rupture by breaking continuity.

Not madness.

Emergency segmentation.

13.7 Orbital collapse: ASR-3 looping to restore borrowed coherence

Now the orbit begins.

Checking. Scanning. Replaying. Rehearsing. Bargaining in your head. Reading signs. Searching for a doorway back into coherence.

The orbit is not “wanting them back.”

It is the gate attempting to reinstall the object as regulator.

ASR-3 becomes the organising climate: fantasy-based mediation, compensatory modelling, ritual certainty.

This is where the driver parts oscillate hardest:

The Redeemer tries to repair the bond to repair reality.

The False Protector tries to control input to manufacture certainty.

The Mute Child collapses under absence.

The Truth Self appears only in flashes, because ASR-2 cannot yet hold dominance.

The orbit continues until one of two things happens:

Either the object returns (and the loop is reinforced),
or the system exhausts itself and drops into shutdown.

13.8 IMRA: when absence becomes the organising principle

After the orbit, there's a quiet stage people misread as recovery.

Less urgency. Less checking. Less visible distress.

But internally: flattening.

A reflexive apathy. A symbolic vacuum. The sense that desire itself is dangerous because desire leads to rupture.

This is the psyche protecting itself from re-entry into annihilation.

IMRA is not freedom. It's a defensive absence.

It is the gate trying to survive by reducing symbolic reach.

13.9 Reintegration: from vertical flicker to integration

Then, eventually, a moment arrives.

A flicker of plain perception.

No bargaining. No scanning. No narcotic hope. Just "this is what it is."

That flicker is ASR-2 returning as mediator.

And MPIT frames the recovery pathway in exactly these terms: recalibrating the gate, restoring symbolic coherence, and providing a structured path to reauthoring the self.

From there, reintegration proceeds in the sequence we've already named:

Vertical Flicker → Vertical Stabilising → Integration.

Not happiness.

Knowing self.

The self reseated at the centre of the Organising Gate again—able to hold absence without annihilation, able to hold ambivalence without splitting, able to live without requiring the object to validate reality.

Closing for Part A

This is why survivors can't be treated as "people who can't let go."

They are people whose reality mediator was captured, ruptured, and forced into looped compensation.

Part B will mirror this arc in survivor language—but the mechanism remains the same:

Get the gate back.

Let the self organise reality again.

And watch the orbit die—not through willpower, but through restored mediation.

PART B

SURVIVOR EDITION

**(MIRRORED TO
PART A)**

This is the same book.

Same arc. Same mechanics.

But written for the person who's *inside it* — not for the person analysing it.

No academic scaffolding. No theory theatre. Just: **what is happening to you, why it feels unreal, and how to get your footing back.**

Part B Table of Contents (mirrored)

1. Preface: Why You Need a Map (Not Advice)
2. What Happened to My Reality? (The Organising Gate in plain language)
3. The Three States: Alarm / Reality / Fog (ASR-1 / ASR-2 / ASR-3, survivor terms)
4. Borrowed Coherence: When They Start Feeling Like Oxygen
5. The Parts That Take Over (Mute Child / Redeemer / False Protector / Truth Self)
6. Discard Shock: When the Face Goes Blank
7. The Liminal State: Waiting in Mid-Air
8. Orbital Collapse: Why You Keep Checking / Replaying / Returning
9. IMRA: The Numb Phase (When Absence Becomes the Climate)
10. The Return: Flicker → Stabilising → Integration
11. How to Use the Map (one clean protocol page)
12. Closing: You're Not Broken — You're Rebuilding Reality

Part B — Chapter 1

Preface: Why You Need a Map (Not Advice)

If you've been discarded, you don't need another sentence that starts with:

"Just focus on yourself."

"Just block them."

"Just heal your inner child."

"Just remember your worth."

Because when you're in it, you can't *just* anything.

You're not dealing with a simple emotion.

You're dealing with something that feels like your mind has lost its floor.

And if you're reading this right now, there's a high chance you've already had the thought:

"Why does it feel like I'm dying?"

That's not melodrama.

That's your system reading *threat*.

Not "I'm sad."

Threat.

And until we tell the truth about that—until we name what's actually happening inside you—everything else sounds like noise.

So this book is a map.

Not a vibe.

Not a motivational speech.

A map.

Because when reality feels unstable, the only thing that helps is **orientation**.

Where am I?

What is this phase?

What is my system doing?

Which part of me is driving?

What's the next right move *from here*?

That's what Part B is for.

What makes narcissistic discard different

A normal breakup hurts.

But usually, reality stays intact.

You can cry. You can grieve. You can be angry. You can miss them.

But you still recognise yourself.

Discard after a shared fantasy is different.

Because it often doesn't just end a relationship.

It ends a *world*.

One day you're inside a future.

The next day you're looking at the same texts, the same memories, the same life — and nothing feels real.

You start doing things you've never done before:

- checking your phone like it's life support
- replaying conversations like you can reverse time
- stalking their social media even though it makes you sick
- writing messages in your head you never send
- waking up with your heart racing
- feeling shame for missing someone who treated you badly
- swinging between "I hate them" and "I need them"

And the worst part is the confusion.

Because you *know* what happened... but your body won't accept it.

This book explains why.

Not to make you intellectual.

To make you stop thinking you're insane.

The simplest truth: your reality system got hit

In MPIT we call the reality system the **Organising Gate**.

All that means is: there's something in you that decides what feels real, what feels safe, what feels threatening, and what you can mentally hold without collapsing.

When that gate is working, you can take pain and still stay you.

When that gate gets hijacked, you can have all the facts and still feel unreal.

That's why survivors keep saying:

"I knew it was abuse — but I still couldn't stop."

"I knew it was over — but I still kept hoping."

"I knew they didn't care — but I still felt addicted."

It's not because you're stupid.

It's because your system started using *them* as a stabiliser.

Not consciously. Mechanically.

They became a kind of emotional gravity.

So when they withdrew, your system didn't experience it as "rejection."

It experienced it as **loss of coherence**.

Like the lights went out inside.

What this map gives you immediately

It gives you three things you can do even when you can't think:

1. **Name the state you're in** (alarm / reality / fog).
2. **Name the part of you that's driving** (the one begging, the one rescuing, the one monitoring, or the one that can see).
3. **Name the phase** (shock / limbo / orbit / numbness / return).

And once you can name those three things, you stop drowning in the story.

You start standing on the shore looking at the tide.

Not all at once. Not perfectly.

But enough to begin returning to yourself.

What Part B will not do

It will not tell you to be positive.

It will not shame you for missing them.

It will not pretend this is simple.

It will not reduce your collapse to a single word like "trauma bond" and call that an explanation.

It will do something more respectful:

It will show you the pattern.

So you can recognise it.

So you can interrupt it.

So you can stop calling survival "failure."

And so you can begin the real work:

not "getting over them"...

but **getting your reality back.**

Part B — Chapter 2: What Happened to My Reality?

If you're reading this and thinking, *"I don't feel like myself,"* you're not being dramatic.

Something did happen.

But it wasn't just emotional pain.

It was a hit to the part of you that keeps reality stable.

That's why you can know the facts and still feel confused.

That's why you can know they treated you badly and still miss them.

That's why your body reacts like it's life-or-death.

That's why you keep replaying it like you're trying to reverse time.

This chapter gives you the plain answer.

Not "because you're trauma bonded."

Not "because you're too sensitive."

Because your **reality system** got disrupted.

The Organising Gate (in plain language)

You have something in you that decides:

- what feels safe
- what feels threatening
- what feels real
- what you can hold in your mind without breaking down
- what you can believe emotionally, not just logically

When that system is working well, you can go through hard things and still stay you.

You can grieve without losing your mind.

You can miss someone without feeling addicted.

You can be rejected without feeling annihilated.

You can feel pain without losing the floor.

When that system is disrupted, everything feels different.

It's like the mind can't organise itself properly.

That's what we call the **Organising Gate**.

It's not a spiritual concept. It's not "energy".

It's the way your system organises reality.

And narcissistic discard hits it directly.

Why discard feels like it destroys you

A normal breakup hurts, but most people still feel like they're inside a coherent world:

"I'm sad, but I know what happened."

Discard in a shared fantasy doesn't just end a relationship.

It ends a reality.

Because the way it happens is often cold, sudden, and absolute.

The face goes blank.

The warmth disappears.

The person becomes distant, cruel, indifferent, or "businesslike".

And the mind reads it as:

"Something is wrong with me."

"I've been erased."

"I've been made unreal."

That's not weakness.

That's your system registering threat.

And when the threat is relational—especially after you've bonded deeply—your system can react like it's fighting for survival.

That's why your body goes first:

- chest pressure
- stomach drop
- shaking
- insomnia
- panic surges
- loss of appetite
- nausea
- tight jaw
- dread waves

That's the gate being hit.

Not your "self-esteem."

The most important part: they became your stabiliser

This is where people get confused, because they think:

"Why did I need them this much?"

You didn't start out needing them like oxygen.

It happened gradually.

At some point in that relationship, your system began using *them* to stabilise you.

Not consciously.

Mechanically.

Their messages calmed you.

Their approval organised you.

Their attention made you feel real.

Their presence gave you shape.

This is why losing them doesn't just feel like losing love.

It feels like losing yourself.

Because in a hidden way, you were regulating through them.

That's what we call **borrowed coherence**.

Your system borrowed stability from the object.

So when the object vanished, the stability vanished too.

What happens next: your mind tries to rebuild reality

Once the gate is hit, your mind does something automatic:

It tries to *make it make sense*.

It tries to rebuild a world where this doesn't happen.

So it starts doing things you can't stop:

- replaying conversations
- analysing tone
- searching for the "real reason"
- remembering the good times like proof it can return
- writing messages in your head
- imagining the apology
- checking their online activity

People call this "overthinking."

But it's not just thinking.

It's your system trying to restore coherence.

Because uncertainty feels like danger right now.

Not emotionally.

Biologically.

So your mind becomes a detective.

Not because you like the story.

Because you're trying to get your footing back.

Why you feel pulled between two realities

This is the limbo phase.

Half of you knows it's over.

Half of you is waiting.

That split is what makes you feel crazy.

You can be clear for ten minutes:

"They're abusive. It's done."

Then the next hour you're bargaining:

"Maybe if I explain..."

Then you crash:

"What is wrong with me?"

That isn't character weakness.

That is your system flipping between states.

And until we name the states, you keep believing the current one is "the truth."

This book stops that.

Because the first act of recovery is not healing.

It's **orientation**.

A simple test: are you in reality or in survival?

Try this right now:

When you think about them, do you feel:

1. **Urgency** — "I need to do something."
2. **Compulsion** — "I can't stop checking/replaying."
3. **Annihilation** — "I can't live like this."

If yes, you're not in calm reality mediation.

You're in survival organisation.

That means your gate is still running threat.

And your job isn't to "understand better."

Your job is to **get the gate back**.

That's what the rest of Part B teaches.

What “getting the gate back” actually means

It does not mean forcing yourself to stop loving them.

It means:

- reality becomes readable again
- the mind stops running compulsions as life support
- you can sit in absence without collapsing
- you can hold mixed feelings without losing yourself
- you stop needing their gaze to feel real

That is the goal.

Not “I don’t care.”

“I can hold reality again.”

Where we go next

Now that you know what happened, the next chapter gives you the practical translation:

the three states your system moves through after discard.

Because once you can name the state, you stop treating symptoms as identity.

Part B — Chapter 3: The Three States: Alarm / Reality / Fog

After discard, most survivors keep trying to solve the wrong problem.

They think the problem is:

- “Why do I still miss them?”
- “Why can’t I stop thinking?”
- “Why am I acting like this?”
- “Why do I feel addicted?”

But the real problem is simpler and harder:

Your system is moving through **three different states**, and each one creates a completely different version of reality.

So you keep judging yourself from one state while you’re trapped in another.

This chapter gives you the clearest orientation tool in the whole book:

Alarm / Reality / Fog

If you can name which one you’re in, you stop panicking about your own reactions.

You stop calling survival “failure.”

You start making the next move that actually fits the moment.

1) ALARM

“Something is wrong. I’m not safe. I’m going to die.”

Alarm is the body-first state.

It’s when the breakup doesn’t feel like sadness.

It feels like threat.

In alarm, you might experience:

- dread waves
- panic surges
- shaking or nausea
- chest pressure
- racing thoughts you can’t stop
- the sense that you’ve been “erased”
- insomnia (wired but exhausted)
- desperate urges to contact

This is the state where people say:

"I can't survive this."

And they mean it.

Because alarm isn't a thought.

It's your system reading threat-to-being.

So don't negotiate with it like it's a rational debate.

In alarm, you cannot "think your way out."

You can only stabilise enough to stop the spiral from turning into a collapse.

What helps in Alarm:

- reduce input (stop feeding yourself more triggers)
- stabilise rhythm (breath, temperature, movement, water, grounding)
- shorten decisions (one next step, not a life plan)
- do not try to "understand the narcissist" from here
- do not send messages from here

Alarm is where the Mute Child tends to take the wheel — the part of you that feels small, terrified, and desperate to stop abandonment.

If you're in Alarm, your job is not insight.

Your job is safety.

2) REALITY

"I can see it. I can hold it. It hurts, but I'm here."

Reality is not "feeling great."

Reality is the state where the mind can hold the truth without collapsing.

In reality, you might still cry, still miss them, still feel angry — but the inner floor is present.

You can say:

"It happened."

"It's over."

"I don't need to return."

"I can't unsee what I've seen."

Reality often arrives in flickers at first:

- a few minutes of clarity
- a short window where you don't check
- a moment where you feel clean grief, not panic
- the ability to stop mid-compulsion

These are precious windows.

Because in Reality state, you can make decisions that actually help you.

Not dramatic decisions.

Clean ones.

What helps in Reality:

- one clear boundary move (block, mute, delete access)
- one truth sentence written down (so you don't renegotiate later)
- one safe witness (tell someone the plain truth without defending it)
- one practical self-return act (food, shower, walk, sleep routine)

Reality is where the Truth Self becomes readable — the part of you that can see without bargaining, monitoring, or performing.

Reality is not loud.

It's quiet, and it feels plain.

3) FOG

“Nothing feels real. I can't stop looping. I'm half alive.”

Fog is the state survivors get trapped in the longest.

Fog is not just sadness.

Fog is when your mind keeps circling, compulsively, like it's trying to rebuild reality from scraps.

In Fog, you might experience:

- obsessive replay
- compulsive checking
- stalking their socials
- reading old messages
- imagining conversations
- feeling numb and frantic at the same time
- feeling “far away” from your own life
- believing the next piece of information will free you

Fog is the state where people say:

“I know it's bad, but I can't stop.”

And that's the point:

Fog is not the place where logic wins.

Fog is where **compulsion** wins.

This is where the Redeemer and False Protector tend to take the wheel:

- the Redeemer: “If I can fix it, I can stabilise.”
- the False Protector: “If I can know, I can control the terror.”

Fog can look like:

- Orbit (the compulsive return to the object's gravity)
- or
- IMRA (the numb, flattened phase where absence becomes the climate)

Both are Fog expressions.

One is frantic.

One is dead.

But both are still “not fully back in reality.”

What helps in Fog:

- treat compulsions as loop-feeding (not as truth-seeking)
- interrupt inputs (checking, stalking, rereading)
- use short anchors (sensory, physical, relational, written truth)
- stop trying to resolve the story; focus on restoring stability

Fog is where people keep shaming themselves.

Don't.

Fog is a state.

Not your identity.

The most important line in the whole chapter

Your behaviour changes because your state changes.

So stop asking:

“What's wrong with me?”

Start asking:

Which state am I in right now?

Because the next move depends on that.

- If you're in Alarm, you stabilise.
- If you're in Fog, you interrupt the loop.
- If you're in Reality, you make one clean authorship move.

That's it.

Three states. Three moves.

A one-line protocol you can use anytime

Say this:

Alarm / Reality / Fog — and what's my next move from here?

If you can do that, you're already beginning recovery.

Because you've stopped letting the state pretend it's the whole truth.

Next chapter

Now we name what most survivors secretly feel shame about:
the moment the person starts feeling like oxygen.

Part B — Chapter 4: Borrowed Coherence: When They Start Feeling Like Oxygen

This is the part people don't like admitting.

Because it sounds humiliating.

It sounds weak.

It sounds like: *"I needed them."*

But if you were in a shared fantasy dynamic, this is often what happened underneath everything:

They didn't just become someone you loved.

They became someone your system used to **steady itself**.

That's why it feels like oxygen.

And that's why losing them feels like suffocation.

How it starts (and why you don't notice)

It rarely starts with "I'm dependent."

It starts with relief.

You meet them, and something in you settles.

You feel more confident.

More alive.

More focused.

More seen.

You tell yourself:

"This is what love feels like."

"This is what being chosen feels like."

"This is what safety feels like."

And it might even look that way at the beginning.

But the key sign is this:

Your inner world starts organising around their signal.

Not consciously.

Mechanically.

A message from them changes your entire day.
Their mood affects your breathing.
Their silence makes your stomach drop.
Their approval makes you feel real.

That's borrowed coherence.

Your system borrows stability from the object.

Why it feels so good

Because it *is* stabilising.

If you've lived with chronic stress, trauma, emotional deprivation, or unstable attachment environments, a strong mirroring signal can feel like rescue.

Not because it's healthy.

Because it's powerful.

You finally feel held.

And once your system learns "this person makes me coherent," it starts relying on them.

Again: not consciously.

Your body learns it.

The trap: the more you borrow, the less you trust your own reality

This is where it shifts.

You start checking their face for cues.
You start editing yourself to maintain closeness.
You start watching your tone, your words, your needs.
You start feeling guilty for wanting things.
You start trying to "get it right."

At first you think:

"I'm just being considerate."

But what's really happening is:

You are slowly moving your centre outward.

Your reality begins to be mediated through them.

So when they're warm, you're okay.

When they're cold, you're not.

That's not love.

That's dependence on signal.

And the danger is: you don't notice it until they withdraw.

Why they start feeling like oxygen

Because your system is now using them for three things:

1) Safety

Their attention = "I'm safe."

Their absence = "I'm in danger."

2) Identity

Their approval = "I'm good."

Their disapproval = "I'm wrong / bad / too much."

3) Meaning

Their promise = "the future exists."

Their silence = "nothing makes sense."

So you don't just miss them.

You lose:

- safety
- identity
- meaning

All at once.

That's why it doesn't feel like a breakup.

It feels like the bottom fell out.

The moment it becomes obvious: withdrawal

You usually don't recognise borrowed coherence while things are "good."

You recognise it the first time they withdraw and you feel yourself collapse.

The first time you can't sleep.

The first time you can't breathe properly.

The first time you can't stop thinking.

The first time you beg — even silently.

That moment tells you the truth:

Your system was using them as a regulator.

That is not shameful.

It's how humans work when intimacy becomes mixed with threat and uncertainty.

Why you can't "just stop" when they discard you

Because if they were oxygen, then discard feels like suffocation.

So your system does what it always does under suffocation:

It reaches.

It checks.

It searches.

It replays.

It bargains.

It tries to pull the oxygen source back.

That's why the orbit begins.

Not because you're weak.

Because your system believes it's trying to survive.

The first recovery reversal

Here's the reversal this chapter is setting up:

You don't get free by convincing yourself they weren't special.

You get free by building your own coherence again.

By re-seating your reality inside you.

So the goal is not:

"I don't care."

The goal is:

"I can breathe without you."

That's recovery in one line.

Next chapter

Now we name the "parts" that take over when oxygen disappears — the internal functions that start driving you.

Part B — Chapter 5: The Parts That Take Over

(Mute Child / Redeemer / False Protector / Truth Self)

One of the strangest parts of discard is this:

You start acting like a different person.

You do things you've never done.

You say things you don't recognise.

You feel things that don't match your normal personality.

And then you shame yourself for it.

But what if it isn't "your personality collapsing"?

What if it's your system deploying **survival modes**?

Because when your reality gets hit, the mind doesn't stay one voice.

It splits into functions.

Specialists.

Parts that take over to keep you alive, keep you attached, keep you from falling apart, or keep you from seeing what would break you.

This chapter names the four most common ones.

Not to turn you into a diagnosis.

To stop you thinking you're insane.

1) The Mute Child

"Don't leave. I'll disappear. I'll do anything."

This part is small.

It doesn't speak in full sentences.

It speaks in body panic.

It's the part that feels:

- terror of abandonment
- dread in the stomach
- "I can't cope"
- "I can't survive"
- the urge to beg, even if you don't

The Mute Child often shows up as:

- freezing
- collapsing
- pleading
- apologising for existing
- trying to be invisible so you don't get left

This part is not childish.

It's ancient.

It's the part of you that learned, somewhere, that losing connection felt like danger.

So when discard happens, it doesn't feel like heartbreak.

It feels like the world is ending.

If you've been in Alarm state, this is usually who's driving.

And the most important thing to know is:

**You don't argue with the Mute Child.
You stabilise them.**

2) The Redeemer

"If I fix it, I can fix reality."

This part is hope.

But not the gentle kind.

The urgent kind.

The Redeemer is the part that tries to reverse discard by becoming the perfect rescuer, the perfect explainer, the perfect lover, the perfect human.

It sounds like:

- "If I just explain it properly..."
- "If I show them I understand..."
- "If I apologise the right way..."
- "If I improve myself enough..."
- "If I can get one more conversation..."

This part is what makes you write messages in your head.

Rehearse speeches.

Draft texts and delete them.

Search for the perfect words.

The Redeemer isn't stupid.

It's trying to restore coherence.

Because if this can be "fixed," then reality becomes safe again.

This part is often running in Fog state.

And it can feel like love.

But structurally, it's rescue logic.

The Redeemer keeps you trapped because it keeps implying:

"The answer is out there — in them — if I can just get it right."

3) The False Protector

"If I can know everything, I won't collapse."

This part looks like strength.

But it's actually control as survival.

The False Protector is the part that tries to stabilise you by collecting certainty.

It shows up as:

- checking their socials
- checking if you're blocked
- rereading messages
- scanning for signs
- analysing tone
- stalking "new followers"
- replaying conversations
- building timelines

And it tells you:

"If I can understand, I can stop the pain."

But notice something:

You never get enough information.

Because the real problem isn't missing data.

The real problem is that uncertainty feels like danger.

So the False Protector becomes a certainty machine.

It doesn't actually restore reality.

It just keeps you busy.

It keeps you orbiting.

If you've ever said:

"I hate that I keep checking,"
that's the False Protector driving.

And it doesn't respond to shame.

It responds to **interruptions** and **anchors**.

4) The Truth Self

“This is what it is.”

This part is quiet.

It doesn't beg.

It doesn't monitor.

It doesn't perform.

It sees.

Sometimes it arrives as a moment where you just know:

- “They don't care.”
- “This isn't love.”
- “I can't go back.”
- “I'm being pulled into something that kills me.”

The Truth Self doesn't always feel comforting.

Sometimes it feels brutal.

But it's the only part that can bring you out of the mirrored loop because it doesn't need their gaze to tell you what's real.

At first, the Truth Self often appears in flickers:

- a minute of clarity
- a moment you don't check
- a short breath of stillness
- a clean sentence inside you

The aim of recovery is not to destroy the other parts.

It's to stop them driving.

So the Truth Self can become stable again.

The most important thing to understand

Whatever part is driving feels like “me.”

That's why you get confused.

Because in the middle of a spiral, the Redeemer feels like your real heart.

The False Protector feels like your real mind.

The Mute Child feels like your real truth.

And the Truth Self can feel like it disappears.

But none of them are “you” alone.

They are functions.

And once you start seeing them as functions, you stop worshipping their urgency.

You stop obeying them automatically.

You start choosing.

A fast way to recognise who's driving

Ask:

- Am I trying to **disappear** to stop abandonment? → Mute Child
- Am I trying to **repair** the bond to repair reality? → Redeemer
- Am I trying to **know** everything to stop panic? → False Protector
- Am I able to **see** without bargaining? → Truth Self

That's it.

Four parts.

Four questions.

Next chapter

Now we go straight into the moment that triggers them hardest:

the discard shock — when the face goes blank and your body knows annihilation is coming.

Part B — Chapter 6: Discard Shock: When the Face Goes Blank

There's a specific moment survivors describe again and again.

It's not always a dramatic breakup speech.

Sometimes it's just a look.

A shift.

A sudden coldness.

The warmth drops out of their eyes.

And you feel it instantly — like something inside you detaches from the world.

That moment is the discard shock.

And if you've been through it, you know the truth:

It doesn't feel like a relationship ending.

It feels like you've been *deleted*.

The face goes blank — and your body understands first

Most survivors don't start by thinking:

"This is discard."

They start by feeling:

- a chest drop
- a stomach collapse
- a wave of dread
- a sense of unreality
- a sudden panic that doesn't match the words being spoken

Your mind might still be trying to stay "reasonable."

But your body already knows.

Because the discard shock is not just emotional.

It's a reality hit.

It's the moment your system registers:

"The thing I was using to stay steady has turned off."

And once that happens, everything that follows makes sense.

The terror.
The compulsion.
The obsession.
The shame.

It's your system trying to survive a sudden loss of coherence.

Why it feels so violent even when there's no violence

This is important:

A person can discard you politely.

They can say calm words.

They can even act "civil."

But if they withdraw relational reality — if they remove warmth, recognition, and emotional presence — the effect can be brutal.

Because you weren't only attached to them.

You were stabilising through them.

So when they go cold, your system doesn't register "distance."

It registers:

"Danger. Threat. Loss of ground."

That's why you can feel like you're dying while they look fine.

They're not sharing the same reality.

You are the one in rupture.

The handing over of the bad object

This is the part nobody explains.

After the shock, something often happens inside you:

You start treating their coldness as a verdict on your worth.

You start hearing:

"I'm not enough."
"I'm too much."
"I ruined it."
"I'm unlovable."
"I should have done better."

Even if you know logically they're abusive.

Even if you know this is manipulation.

The body still responds as if the withdrawal means *you are wrong*.

This is what I mean by “handing over the bad object.”

It’s the moment the relationship becomes internal punishment.

Not because you choose it.

Because your system is trying to make sense of rupture, and one of the fastest explanations the mind can generate is:

“It must be me.”

That explanation is poison — but it’s fast.

And in shock, fast explanations feel like stability.

What happens next: you enter the liminal state

After the discard shock, most survivors enter what I call limbo.

You’re not living properly.

But you’re not gone either.

You’re suspended.

You wake up and it feels like the day isn’t real.

You function, but you’re watching yourself function.

You keep waiting for the “real moment” to happen — the apology, the message, the return.

This is the liminal state:

Half of you knows it’s over.

Half of you is waiting.

And that waiting is torture.

Because uncertainty becomes the new climate.

The mind’s first survival move: narrative compulsion

In limbo, the mind tries to do one thing:

Make it make sense.

So it runs the story again and again:

- “What did I say?”
- “What did they mean?”
- “When did it change?”
- “Was it real?”
- “Did I imagine it?”
- “Are they thinking of me?”

- “Will they come back?”

This is why you can't stop thinking.

Not because you enjoy it.

Because your system is trying to rebuild a coherent world.

And it believes the “answer” is hidden in the details.

But the narcissistic dynamic often doesn't give coherent answers.

It gives shifting signals.

So the mind gets trapped in a loop.

The shame trap: “Why am I doing this?”

This is where people punish themselves.

They say:

“I should be stronger.”

“I shouldn't miss them.”

“I shouldn't be checking.”

“I'm pathetic.”

But shame doesn't end the loop.

Shame feeds it.

Because shame keeps you attached to their verdict.

And the whole point of recovery is to stop living under their verdict.

So in this book we don't shame the shock.

We orient it.

We name it.

We locate it.

And then we move correctly.

What to do when you're in discard shock

This is the simplest rule:

Don't try to solve the relationship from shock.

Shock is not the place for clarity.

Shock is the place for stabilisation.

If you're in discard shock, your job is:

- reduce input (stop feeding yourself triggers)
- contain contact impulses (don't send messages from panic)
- stabilise the body (rhythm, breath, movement, water, food)
- tell one safe person the plain truth
- do one small protective act (remove access, reduce exposure)

Not because that “fixes everything.”

Because it stops the shock from turning into full orbital collapse.

Which is what comes next if the system can't regain footing.

Next chapter

Now we name the liminal state properly — the “waiting in mid-air” phase that keeps survivors trapped between realities.

Part B — Chapter 7: The Liminal State: Waiting in Mid-Air

This is the phase people don't talk about properly.

Because it doesn't look dramatic on the outside.

You can still go to work.

You can still answer messages.

You can still smile if you have to.

But inside, you are suspended.

Not living. Not dead.

Just waiting.

Waiting for a message.

Waiting for an explanation.

Waiting for the moment you finally understand.

Waiting for them to return — even if you hate that you're waiting.

That is the liminal state.

It's the space between realities.

What it feels like

The liminal state has a specific internal texture:

- time feels strange (days slow, minutes stretch)
- your mind is half in the past, half in a fantasy future
- your body feels on edge, like something is about to happen
- you keep getting "hits" of panic, then numbness, then panic again
- your thoughts repeat even when you're exhausted
- you feel like you're watching yourself from outside

People describe it as:

"I feel like I'm not in my own life."

"I'm just going through the motions."

"It's like I'm stuck in a loop."

"I can't settle."

That's accurate.

Because your system hasn't accepted the rupture, and it hasn't rebuilt coherence yet.

So you hover.

Why you keep waiting even when you know better

Here's the uncomfortable truth:

Waiting is a survival strategy.

If they became your stabiliser, then their return would feel like oxygen returning.

So your system keeps a door open.

Even if you tell yourself you're done.

Even if you hate them.

Even if you know it was abuse.

The waiting isn't a moral choice.

It's your reality system trying to avoid the full finality of rupture.

Because finality means grief.

And grief feels like annihilation when you're not stable yet.

So the mind chooses limbo over collapse.

It says:

"If I stay in the middle, I don't have to face the end."

But the cost is huge.

Because limbo is torture.

The mind's main job in limbo: reduce uncertainty

In the liminal state, uncertainty becomes the main threat.

Not physical threat.

Existential threat.

Because uncertainty means:

"I don't know what my world is."

So your mind becomes obsessed with resolving it.

This is why you keep thinking:

- "What did they mean?"
- "Was it real?"
- "Was I used?"
- "Did I imagine it?"
- "Are they with someone else?"
- "Will they come back?"
- "How could they do this?"

And here's the trap:

A narcissistic dynamic often doesn't give you clean answers.

It gives you shifting signals.

So your mind keeps trying harder.

And the harder it tries, the more exhausted you become.

The two temptations of limbo

Limbo usually pulls you in two directions:

1) The Redeemer temptation

"If I can fix this, I can stop the pain."

So you start drafting messages.

Rehearsing explanations.

Planning apologies.

Trying to say the perfect thing.

This is the part of you trying to rebuild reality by rebuilding the bond.

2) The False Protector temptation

"If I can know what's happening, I can stop the panic."

So you check.

You stalk.

You reread.

You scan for clues.

This is the part of you trying to rebuild reality by manufacturing certainty.

Both feel like coping.

But both keep you suspended.

Because they keep your attention tied to the object.

And as long as your attention is tied to the object, you stay in borrowed coherence.

The biggest lie limbo tells you

Limbo tells you:

"The answer will free you."

So you keep searching for the missing piece.

But in this dynamic, the missing piece is often this:

There is no satisfying explanation that restores dignity.

Because the mechanism isn't a misunderstanding.

It's a structure.

And structures don't resolve through one conversation.

So limbo becomes endless.

Unless you make a move that shifts the system.

The first move that breaks limbo

The first move is not "closure."

It's **orientation plus interruption.**

Ask yourself:

1. Am I in Alarm, Reality, or Fog?
2. Which part is driving — Mute Child, Redeemer, False Protector, or Truth Self?
3. What am I doing to keep myself suspended?

Then pick one interruption:

- stop one checking ritual
- remove one access point
- tell one safe person the truth plainly
- write one sentence of reality and keep it visible
- do one grounding act to stabilise the body

Limbo ends when you stop feeding it.

Not all at once.

But enough that the mind begins to learn:

"I can survive absence."

That's the real doorway out.

A small truth that helps in limbo

You're not waiting because you're weak.

You're waiting because a part of you believes the return would stop annihilation.

So treat yourself with precision, not contempt.

And remember:

Waiting is not love.

Waiting is fear.

Next chapter

Once limbo doesn't resolve, the system does what it always does under threat:

it starts orbiting.

You begin returning to the object's gravity — externally or internally — because your system believes that's where coherence lives.

Part B — Chapter 8: Orbital Collapse: Why You Keep Checking / Replaying / Returning

This is the part survivors hate admitting.

Because it feels humiliating.

You told yourself you wouldn't check... then you checked.
You told yourself you wouldn't look... then you looked.
You told yourself you were done... then you replayed it again.

And the shame hits immediately:

"What is wrong with me?"
"Why can't I stop?"
"I'm pathetic."

No.

You're orbiting.

And orbiting is what happens when your system believes the object is the only way back to stability.

What orbital collapse actually is

Orbital collapse is when your mind keeps returning to the person — not because you enjoy it, but because something in you feels like it has to.

It's gravity.

The object became the centre of your coherence.

So after discard, your system tries to pull itself back into that gravitational field.

That's why it can feel compulsive.

Not romantic.

Compulsive.

This is the phase where the relationship ends externally, but continues internally.

And that internal continuation can be more painful than the relationship itself.

Two kinds of orbit: external and internal

People often think orbiting means contacting.

Sometimes it does.

But you can orbit without sending a single message.

External orbit

- messaging, apologising, pleading
- engineered “accidental” contact
- asking friends about them
- posting hoping they’ll see
- checking if you’re blocked
- returning to places they might be

Internal orbit

- rereading old messages
- replaying conversations
- looking at photos
- stalking socials
- imagining what they’re doing
- imagining the apology
- building the “perfect” explanation
- running arguments in your head you never have out loud

Both are orbit.

Both keep the object central.

Both keep your system trapped in “borrowed coherence.”

Why orbiting feels like oxygen

Because when you check, you get a tiny hit of relief.

Even if what you see hurts.

Even if it makes you sick.

Your mind is saying:

“At least I know something.”

And “knowing something” temporarily reduces uncertainty.

So your body calms for a moment.

Then the panic returns.

So you check again.

That’s how loops work.

It's not weakness.

It's a survival system trying to regulate itself through the object.

The three orbit loops

Most survivors rotate through these three loops:

1) The "meaning loop"

"What did they mean?"

"Was it real?"

"Did I imagine it?"

"Why did it change?"

This loop keeps you trying to build a coherent story out of incoherence.

2) The "signal loop"

Are they online?

Did they watch?

Did they follow someone new?

Are they happy?

Are they suffering?

This loop keeps you trying to regulate your body through external data.

3) The "repair loop"

What could I say?

What could I do?

How do I get one more conversation?

How do I make them see?

This loop keeps you trying to restore coherence by restoring contact.

These loops are driven by the two most active parts in orbit:

- **The Redeemer** ("If I fix it, I can fix reality.")
- **The False Protector** ("If I know, I can stop panic.")

Why orbiting doesn't end with "getting answers"

Because in this dynamic, answers don't usually land.

Even when you get an explanation, it's often shifting, partial, manipulative, or designed to keep you confused.

So the mind keeps seeking.

Not because you're naive.

Because the system is trying to reduce unbearable uncertainty.

But uncertainty doesn't end through data when the object itself is unstable.

So the orbit becomes endless.

The shame trap that keeps you stuck

Shame does something dangerous here:

It makes you feel like the orbit is proof you still “belong” to them.

It makes you feel like you’re failing.

So you hide it.

And hiding it makes it stronger.

Because secrecy is where compulsions grow.

So we do something different in this book:

We name orbit as a phase.

Not a personal flaw.

How orbit ends (in a way you can actually do)

Orbit ends when you stop feeding it.

Not by force.

By structure.

Because every time you check, you are telling your system:

“The object is still the regulator.”

So you don’t just “resist”.

You reduce the inputs that keep the loop alive.

The simplest rule:

Compulsions are not neutral.

They are loop food.

So your job is:

1. Identify your loop food (what do you do when you spiral?)
2. Remove one access route (one, not ten)
3. Replace it with one anchor (something your body can trust)

Anchors can be simple:

- a walk with no phone
- a shower and cold water reset
- a written truth sentence
- calling one safe person
- eating something predictable
- grounding with sound or breath

Not because these are magic.

Because they re-teach your system:

“I can regulate without the object.”

That’s the only lesson that breaks orbit.

What to remember when you fail

You will fail sometimes.

You’ll check.

You’ll relapse into replay.

That doesn’t mean you’re back at the beginning.

It means you hit Fog state again.

So you don’t punish yourself.

You re-orient:

Alarm / Reality / Fog.

Which part is driving?

What did I feed?

What’s the next interruption?

That’s recovery.

Not purity.

Next chapter

When orbit exhausts itself, many survivors don’t feel relief.

They feel numb.

A strange, quiet deadness where absence becomes the climate.

That phase is next.

Part B — Chapter 9: IMRA (The Numb Phase): When Absence Becomes the Climate

After orbit, most people expect relief.

They think:

“If I stop checking, I’ll feel better.”

But what often happens next is different.

The orbit slows... and instead of freedom, you feel:

flat.

hollow.

quiet in the wrong way.

You’re functioning, but you’re not *in* your life.

This is the numb phase.

This is what I call IMRA.

And it matters, because people misread it.

They think numbness means healing.

Sometimes it’s the opposite:

It’s your system shutting down because it can’t keep surviving the swings.

What IMRA feels like

IMRA doesn’t always look like depression.

It can look like:

- “I don’t care anymore.”
- “I feel nothing.”
- “I can’t cry.”
- “Everything feels pointless.”
- “I’m just going through the motions.”
- “I don’t want anyone near me.”
- “I can’t imagine a future.”

Sometimes you still miss them... but the missing feels dead.

Sometimes you feel calm... but the calm is empty.

Sometimes you function... but it’s like someone else is doing it.

People often describe it as:

"I'm not spiralling anymore... I'm just gone."

That's IMRA.

Why numbness happens

Numbness is not your real personality.

It's a protective response.

After discard, your system has been through:

- shock
- limbo
- orbit
- shame
- panic
- hope spikes
- crashes
- repeated internal rupture

At some point, the system says:

"I can't keep doing this."

So it turns down feeling.

It turns down desire.

It turns down connection.

Not because you're healed.

Because feeling became linked with annihilation.

So the nervous system tries to survive by reducing sensitivity.

It becomes "less alive" to stay safe.

The hidden danger of IMRA

IMRA is dangerous because it can feel like progress.

Because:

- you're not checking as much
- you're not crying as much
- you're not begging
- you're not orbiting

So you tell yourself:

"Maybe I'm fine."

But inside, something is missing:

your aliveness.

And that's the whole point.

IMRA is not the return of the self.

It's the withdrawal of the self.

It's the system protecting itself by going quiet.

The two ways IMRA shows up

There are usually two versions:

1) The numb shutdown

You don't feel much.

You don't want much.

You just exist.

2) The "functional robot"

You do everything you need to do.

Work, duties, routines.

But you're emotionally absent from it.

Both are IMRA.

Both are "absence as climate."

Why you might still feel tied to them in IMRA

Even in numbness, the object can remain central.

Not as longing.

As a shadow.

You might still think about them daily.

But without charge.

Or with a quiet poison:

- self-blame
- shame
- dull guilt
- low-level dread
- "I'm nothing without them" (felt more than thought)

This is important:

IMRA can still be *their* world inside you.

Just without the drama.

So numbness isn't proof you're free.

It's often proof you're exhausted.

What helps in IMRA (without forcing feeling)

Here's the mistake people make:

They try to "feel again" by force.

They try to cry.

They try to process.

They try to dig into trauma.

And sometimes that just throws them back into Alarm or Fog.

So IMRA requires a softer approach:

small, safe returns.

Not emotional flood.

Safe returns.

What helps:

- gentle rhythm (sleep/wake, food, movement)
- basic body ownership (walks, showers, touch, breath)
- safe social contact (one person, not crowds)
- small creative acts (not performance, just expression)
- one truth sentence kept nearby (so you don't rewrite reality)

The goal in IMRA is not passion.

The goal is **presence**.

Tiny, repeatable presence.

Because presence is what rebuilds you.

The key shift that ends IMRA

IMRA ends when you start trusting that you can exist without their signal.

Not in a huge breakthrough.

In small proof.

When your system starts learning:

"I can be here... and I don't need to chase the object to survive."

That is the beginning of return.

And it doesn't always feel good at first.

Sometimes the first return of feeling is grief.

Sometimes it's anger.

Sometimes it's shame leaving your body.

But it's life.

And that's the point.

Next chapter

Now we move into the turning point:

the first real return of you.

Not in a perfect way.

In flickers.

Then footholds.

Then stabilising.

Part B — Chapter 10: The Return: Flicker → Stabilising → Integration

The return doesn't arrive like a movie scene.

It doesn't arrive as confidence.

It doesn't arrive as "I'm over them."

It arrives as a moment where you notice:

"I can breathe for a second."

A flicker.

And if you're paying attention, that flicker is everything.

Because it means your reality is starting to come back online.

Not perfectly.

But enough to begin rebuilding.

This chapter gives you the three-step return sequence:

Flicker → Stabilising → Integration

Not as a motivational story.

As an actual path.

1) Flicker

"For a moment, I can see."

Flicker is the first return of plain perception.

It might look like:

- a moment where you don't check
- a moment where you don't beg
- a moment where the story stops running
- a moment where you feel clean grief instead of panic
- a moment where you say: "No. I'm not doing this again."

Flicker is not "feeling good."

Flicker is the first moment you stop needing the object to tell you what's real.

And you'll often miss it if you're not watching, because it's quiet.

It doesn't shout.

It doesn't perform.

It just shows you the truth for a second.

What to do with flicker

This is the most important thing:

Use it. Don't waste it.

Not in a dramatic way.

One clean move.

Examples:

- block or mute one access route
- delete one thread you keep reopening
- write one truth sentence and keep it visible
- tell one safe person the reality plainly
- make one practical protection decision (sleep routine, phone boundaries, environment)

The flicker is a window.

If you make one clean move in the window, you build a foothold.

If you just "enjoy the clarity," the loop often returns.

2) Stabilising

"The flickers start lasting longer."

Stabilising is when the return becomes repeatable.

You still wobble.

You still get pulled.

But you begin to notice a difference:

- the loops don't last as long
- you come back quicker
- you catch yourself sooner
- you can hold absence without panic more often
- you stop living in constant "what if?"

Stabilising is not perfect.

It's reliable enough.

And the secret of stabilising is not willpower.

It's **anchors**.

What anchors are

Anchors are anything that reliably helps your system return to reality when it starts to fall into Alarm or Fog.

There are three types:

Body anchors

Things that tell your nervous system: “you are safe enough to be here.”

- food at regular times
- sleep routine as best as you can
- walking, movement
- breath / cold water reset
- reducing screen input when you’re spiralling

Reality anchors

Things that stop you rewriting the relationship.

- one written truth statement
- one list of what actually happened
- one “no negotiation” boundary you keep

Relational anchors

Things that re-teach your system safe connection.

- one safe person you can tell the truth to
- therapy if available
- safe community spaces where you’re not performing

Stabilising happens when your system starts trusting those anchors more than it trusts the object.

That’s the whole point.

“I can regulate without them.”

3) Integration

“I can hold reality without collapsing.”

Integration is not “I’m happy.”

Integration is not “I never think of them.”

Integration is when you can hold the truth without losing yourself.

You can remember the good without returning.

You can remember the bad without collapsing into shame.

You can feel grief without orbiting.

You can feel anger without losing control.

You can feel longing without mistaking it for destiny.

This is the stage where the internal world changes:

- the object stops being the centre
- the internal voices stop policing you
- the shame loses its grip
- your life becomes yours again
- time becomes continuous again

And the biggest sign of integration is this:

You stop renegotiating reality.

You don't keep asking:

"Was it real?"

"Did I imagine it?"

"Maybe I should go back..."

You still have feelings.

But you don't rewrite truth to soothe feelings.

That's knowing self.

That's the real return.

What it looks like when you slip (so you don't panic)

You will still have days where:

- you feel Alarm again
- you fall into Fog again
- you check again
- you miss them again

That doesn't mean you've failed.

It means you dipped into an old state.

So you don't spiral into shame.

You re-orient:

Alarm / Reality / Fog.

Which part is driving?

What's the next anchor?

That is integration in motion.

Not perfection.

Motion.

Next chapter (the method page)

Now that you've got the arc in your body-language, the next chapter gives you the one-page tool that makes this whole book usable on a bad day.

Part B — Chapter 11

How to Use the Map (One Page)

State • Part • Phase → Next Move

This is the page you use when you can't think.

Not when you feel strong.
When you feel pulled.

When you're spiralling.
When you're numb.
When you're about to text.
When you're about to check.
When you're about to collapse into shame.

You don't need insight in those moments.

You need orientation.

So here is the whole method in one page.

Step 1 — Name the State

Alarm / Reality / Fog

ALARM

Body panic. Dread. "I can't survive this."
You feel small, desperate, annihilated.

REALITY

Plain perception. "It hurts, but I'm here."
You can hold the truth without collapsing.

FOG

Looping. Compulsion. Numbness or obsession.
You can't stop replaying/checking/returning internally.

Step 2 — Name the Part Driving

Mute Child / Redeemer / False Protector / Truth Self

Mute Child

"Don't leave. I'll disappear. I'll do anything."

Redeemer

"If I fix it, I can fix reality."

False Protector

"If I can know everything, I can control the panic."

Truth Self

"This is what it is."

Step 3 — Name the Phase

Shock / Limbo / Orbit / Numb / Return

- **Shock** (face goes blank, body drops)
- **Limbo** (waiting in mid-air)
- **Orbit** (checking/replaying/returning)
- **Numb (IMRA)** (absence becomes the climate)
- **Return** (flicker → stabilising → integration)

Step 4 — Choose the Next Move (based on the state)

If you're in ALARM

Next move = stabilise the body + reduce input

- no texting from panic
- no "figuring it out"
- water / food / breath / movement
- remove triggers for the next hour
- tell one safe person "I'm in Alarm"

Goal: stop the wave getting bigger.

If you're in FOG

Next move = interrupt the loop + add one anchor

- identify the loop food (checking, stalking, rereading, replaying)
- remove one access route
- replace with one anchor (walk, shower, call, written truth, breath)

Goal: stop feeding the orbit.

If you're in REALITY

Next move = one clean authorship decision

- one boundary move
- one truth sentence written down
- one safe witness
- one practical step that makes return easier tomorrow

Goal: widen the window of reality.

The 10-second version (say it out loud)

State. Part. Phase. Next move.

Example:

- "Fog. False Protector. Orbit. Interrupt checking, walk, no phone."
- "Alarm. Mute Child. Shock. Water, breath, no texting."
- "Reality. Truth Self. Return. Block access, write truth sentence."

That's it.

Do not negotiate.

Do not debate.

Orient and move.

□

Next chapter (closing)

Now we end Part B where it should end:

not with “get over them.”

With the actual truth:

you’re not broken.

You’re rebuilding reality.

Part B — Chapter 12: Closing: You're Not Broken — You're Rebuilding Reality

If you've made it this far, I want to land one thing cleanly.

You're not weak because you spiralled.
You're not pathetic because you checked.
You're not stupid because you missed them.
You're not "addicted to abuse" because your body panicked.

You were living inside a reality that became organised around an external signal.

And when that signal was withdrawn—coldly, suddenly, often without humanity—
your system did what systems do under threat:

It tried to survive.

That's what you called "going crazy."

It was survival.

The most important reframe in the whole book

You didn't fail because you couldn't "let go."

You suffered a *reality hit*.

So your mind tried to rebuild coherence the only way it knew how:

- by waiting (limbo)
- by searching (narrative compulsion)
- by orbiting (checking/replaying/returning)
- by shutting down (numbness)
- by flickering back into truth (the return)

That arc isn't shameful.

It's predictable.

And once you stop calling it "me being broken" and start calling it what it is—a **sequence**—you stop drowning in it.

You can locate yourself inside it.

And once you can locate yourself, you can move.

What recovery actually is (in one line)

Recovery is not "forgetting them."

Recovery is:

being able to hold reality without collapsing.

That's it.

Being able to breathe without their signal.
Being able to sit in absence without annihilation.
Being able to remember without returning.
Being able to feel without orbiting.

Not happiness.

Reality.

The three skills you take with you

You don't need ten steps.

You need three skills you can repeat forever:

1) Orientation

Alarm / Reality / Fog

2) Identification

Which part is driving?

Mute Child / Redeemer / False Protector / Truth Self

3) The next move

Stabilise. Interrupt. Author.

That's the whole method.

That's how you stop the loop without shaming yourself into another loop.

The moment you'll know you're returning

It's not when you stop thinking about them.

It's when you stop renegotiating reality.

When your mind no longer needs to ask:

"Was it real?"

"Did I imagine it?"

"Maybe I should go back..."

You can hold mixed feeling and stay steady:

"I loved."

"I was used."

"I miss."

"I don't return."

"It mattered."

"It wasn't safe."

"I'm here."

That is integration.

Not a mood.

A centre.

Written with compassion, love and KNOWING.

Part B was written for the person in it.

So it stays plain.

But you now have something most survivors don't have:

A way to locate yourself without shame.

A way to understand your reactions without pathologising yourself.

A way to rebuild reality deliberately.

Part A gave you the structure.

Part B gave you the language.

Peace out 🙏

Loads of Love,

Mark x

A final note for the nights that still hit

Even after you're doing well, there will be nights you wake up with the old body panic.

There will be days you feel pulled.

There will be moments where you want to check.

When that happens, don't make it mean you're back at the beginning.

Make it mean:

"I dipped into an old state."

Then you do what you now know how to do:

State.

Part.

Phase.

Next move.

And you return.

Again.

The END

Works by Mark Thomas Beare

Beare, M. T. (2025). *Narcissistic Redeemer: Bringing You Back from Collapse (Mirrored Psychic Inversion Theory [MPIT])* (S. Vaknin, Intro.). Vaknin-Rangelovska Foundation.

Beare, M. T. (2025). Mirrored Psychic Inversion Theory: The Anticipatory Stress Reflex as the Organising Gate of Reality. *Journal of Psychology and Psychiatry*, 1(2), 34-42.

References (selected)

Vaknin, S. (1999). *Malignant self-love: Narcissism revisited* (Rev. ed.). Narcissus Publications.

Vaknin, S. (2010, September 12). *Narcissist's family* [Transcript]. Vaknin Talks.

Vaknin, S. (2020, October 3). *Somatic narcissist's shared fantasy* [Transcript]. Vaknin Talks.

Vaknin, S. (2021, September 23). *Narcissist between shared fantasy and pathological narcissistic space* [Transcript]. Vaknin Talks.

Beare, M. T. (2025, October). Mirrored Psychic Inversion Theory: The Anticipatory Stress Reflex as the Organising Gate of Reality. *Journal of Psychology and Psychiatry*, 1(2), 34-42.

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.; DSM-5-TR). American Psychiatric Publishing.

Bion, W. R. (1962). *Learning from experience*. William Heinemann Medical Books.

Bowlby, J. (1969). *Attachment and loss: Vol. 1. Attachment*. Basic Books.

Fairbairn, W. R. D. (1952). *Psychoanalytic studies of the personality*. Tavistock Publications.

Friston, K. (2005). A theory of cortical responses. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 360(1456), 815–836.

Friston, K. (2010). The free-energy principle: A unified brain theory? *Nature Reviews Neuroscience*, 11, 127–138.

Herman, J. L. (1992). *Trauma and recovery*. Basic Books.

Kernberg, O. F. (1975). *Borderline conditions and pathological narcissism*. Jason Aronson.

Klein, M. (1957). *Envy and gratitude: A study of unconscious sources*. Tavistock Publications.

Kohut, H. (1971). *The analysis of the self: A systematic approach to the psychoanalytic treatment of narcissistic personality disorders*. International Universities Press.

Winnicott, D. W. (1971). *Playing and reality*. Tavistock Publications.

AUTHOR BIO

Mark Beare is the founder of Mirrored Psychic Inversion Theory (MPIT), a pioneering framework for understanding and reversing the collapse of survivors of narcissistic abuse. His work blends lived experience with psychodynamic precision, offering both professionals and survivors a clear path through the chaos. It's a theory built from within collapse.

This is not a redemption story. It is a reality map.

Back Cover Blurp

You didn't just lose a relationship — you lost reality.

After narcissistic abuse, the mind doesn't "move on." It replays, audits, obsesses, and tries to rebuild coherence from fragments. Memory becomes evidence. Identity becomes negotiable. And the harder you search for answers, the more the ground shifts.

The Organising Gate introduces the ASR Complex — a precise map of how perception, threat, and attachment reorganise the psyche under devaluation and discard, and how reality can be reconstructed after collapse.

Building on my earlier work, *Narcissistic Redeemer: Bringing You Back from Collapse*, this book offers structure when your mind is flooded: the mechanism, the pattern, and a way home.

Mirrored Psychic Inversion Theory (MPIT)

Mark Thomas Beare

Published by the Vaknin-Rangelovska Foundation (2025-6)

"The most complete framework there is!" Prof. Sam Vaknin (CIAPS, Cambridge, UK)

